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Hafa Adai!

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Saipan Tribune

THE CNMI'S FIRST DAILY NEWSPAPER

Volume XXXIV, Issue No. 167

www.saipantribune.com | WEDNESDAY AUGUST 21, 2024 | www.facebook.com/saipantribune

PSS welcomes back 8,604 students

By RACQUEL H. FLOYD
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CORRESPONDENT

The first day of school was a huge success, proclaimed Education Commissioner Dr. Lawrence F. Camacho, as a total of 8,604 registered students—401 students on Tinian, 405 on Rota, and 7,798 on Saipan—were welcomed to their classrooms yesterday for the first day of the 2024-2025 school year.

Camacho said PSS Central Office staff were spread all across the school district to provide support as needed.

"School administrators,

See PSS on Page 4

RACQUEL FLOYD

Marianas High School yesterday welcomed their students for the school year 2024-2025.

'Exciting moment for everyone'

PSS

New student James and his father are met by Education Commissioner Dr. Lawrence Camacho at the gate of the Garapan Elementary School. James is attending school on Saipan for the first time after moving from China last summer.

All 20 public elementary, middle, and high school campuses on Saipan, Tinian, and Rota had their first day of classes yesterday.

At exactly 7am yesterday, the gates of all nine elementary schools opened. Classes began at 7:30am.

Classes for all of Saipan's five middle schools began at exactly 8:30am. Tinian Middle School started at 8am,

See EXCITING on Page 4

AG: No known conflict preventing sitting justice from ruling on matter

By KIMBERLY B. ESMORES
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REPORTER

Office of the Attorney General Chief Solicitor Robert Glass Jr. says there is no known conflict preventing current Supreme Court justices from hearing the OAG's appeal of Superior Court judge pro tem Arthur Barcinas' order disqualifying the office from prosecuting former governor Ralph DLG Torres in a misconduct in public office case.

Glass Jr.

Last week, the OAG filed it docketing statement essentially laying out the issues they want reviewed by the NMI Supreme Court in regard to their appeal of Barcinas' order disqualifying the OAG from prosecuting Torres in a misconduct in public office case.

Glass, in the filed statement, highlighted that the OAG believes the current justices do not have a known or potential conflict from hearing this case.

"This case presents important constitutional issues regarding the independence of the elected Attorney Gen-

See AG on Page 4

CPA sends Star Marianas second notice

By KIMBERLY B. ESMORES
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REPORTER

The dispute between the Commonwealth Ports Authority and Star Marianas Air, Inc. remains unresolved with CPA sending Star Marianas a follow up collections notice.

Last week, the 30 days CPA gave Star Marianas to make payments toward a collections notice of over $1 million expired. However, Star Marianas and CPA remain at an impasse on the matter.

According to CPA executive director Leo Tudela, due to legal matters, he is unable

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INSIDE

BUSINESS
Mari Bar is back this month with Mabuhay Street Market Part 2 and catch the last day of this month's event at Crowne Plaza Resort Saipan this Thursday, Aug. 22, 2024.
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WORLD
U.S. Secretary of State Antony Blinken said Monday that Israel has accepted a proposal to bridge differences holding up a cease-fire and hostage release in Gaza, and he called on Hamas to do the same.
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LIFE & STYLE
For nearly two decades, Phil Donahue was virtually the only TV talk show host to roam his audience with microphone and make them an essential part of his show.
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SCAN ME WITH A COMPATIBLE QR READER TO KEEP UPDATED ON ALL THE LATEST NEWS.

Local

HSEM, stakeholders brainstorm on disaster survivor housing

By CHRYSTAL MARINO
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CORRESPONDENT

CONTRIBUTED PHOTO

CNMI Homeland Security and Emergency Management along with partnering stakeholders pose for a group photo following their Catastrophic Disaster Housing Plan Strategy Workshop last Aug. 1.

CNMI Homeland Security and Emergency Management met with 17 other members of the Disaster Housing Task Force to draw up plans for temporary housing should the CNMI face another Yutu or Soudelor during the Catastrophic Disaster Housing Plan Strategy Workshop last Aug. 1.

During the one-day workshop, members of the Office of the Governor, American Red Cross-NMI Chapter, Bureau of Environmental and Coastal Quality, CNMI Public School System, CNMI Voluntary Organizations Active in Disaster, Commonwealth Healthcare Corp., Council on Developmental Disabilities, Department of Community and Cultural Affairs, Department of Fire and Emergency Medical Services, Department of Lands and Natural Resources, Department of Public Safety, Department of Public Works, Rota Mayor's Office, Saipan Mayor's Office, Tinian Mayor's Office, Northern Marianas College-University Center for Excellence in Development Disabilities, and the Northern Marianas Housing Corp. met with HSEM to lend their expertise in a draft to provide a ready temporary and long-term housing for disaster survivors.

HSEM public information officer Bernard Villagomez said although they're still in the preliminary stages, the main goal of the workshop is to provide residents who have been displaced after natural disasters with immediate temporary housing while their homes are being rebuilt with the overall hope to boost resiliency in the CNMI should another disaster occur.

"From the 2020 Island Area Census for the CNMI we talked about total housing units, type of housing units, household size, year the structure was built, contract rent, local income, just a lot of data from that so that we can narrow down what the magnitude of the possibilities of how many people might need recovery. If a house was built 20 years ago and a major typhoon, for example, were to come, we have a general idea, based off that data, the amount of people that would be affected."

Villagomez said they're looking to finalize plans by September 2024, after which they would submit it to the Federal Emergency Management Agency for review.

Should the plan go through, several options and support are available for people who need housing after a disaster, both in the short term (immediately after the event) and in the long term (as they work toward permanent housing).

For short-term housing, survivors have the option to stay in rentals, vacant homes, or hotels, for a time while their damaged homes undergo repair and they can move back in.

"The CNMI DHTF may identify vacant public housing to place survivors. Vacant offices can be converted into temporary housing. If there is a presidential declaration, other federal assistance would be available. The FEMA Rental Assistance Program becomes available for up to 18 months. If rental units are not available, the FEMA Direct Housing Assistance Program can be considered. The FEMA Individuals and Households Program assistance and Small Business Administration low-interest loans are available for repair work."

In cases where an individual needs long-term housing while rebuilding a home, Villagomez said under the program they will not only be able to have a place to stay, but they will also be on the radar should more federal assistance comes in to rebuild.

He outlined that in response to a disaster, homeowners and renters have several options for securing permanent housing. Homeowners may choose to rebuild using their own insurance claims, seek help from non-profit or faith-based groups, or obtain a mortgage.

However, some survivors may need federal assistance due to limited housing options or lack of resources to rebuild. Renters might also require additional help finding permanent housing. He shared that these individuals have the option to use their private insurance for damage assessments and payments, and local agencies like the CNMI DHTF might help identify rental housing.

"Other Hazard Mitigation Assistance are available to mitigate disaster impacts and build resilience. However, Hazard Mitigation Assistance funds cannot be used for an individual's disaster recovery or mitigation needs that have been met through other assistance."

Once an SBA disaster declaration is issued, low-interest homes and personal property loans become available to qualifying homeowners and renters for repairs and replacement of destroyed or damaged property and these applicants may also be eligible for additional mitigation loans to cover the cost of improvements to prevent future damage. He said a presidential disaster declaration further unlocks substantial federal funding and technical assistance for rental assistance, repairs, reconstruction, and hazard mitigation.

Villagomez said funding for the plan has been provided in partnership with the CNMI Community Development Block Grant, a regular partner to provide funding for long-term housing recovery needs.

"This plan is definitely an important step for our disaster recovery, for the CNMI community. We make these plans because it is a major issue that does arise, which we have seen in past typhoons. We want to make sure that we bring in the appropriate stakeholders, so we can best address this issue if a large natural disaster were to happen again in the CNMI."

CONTRIBUTED PHOTO

CNMI Homeland Security and Emergency Management met with partnering stakeholders for the Catastrophic Disaster Housing Plan Strategy Workshop last Aug. 1.

NMC's Aquaculture Summer Youth Academy exposes Rota students to world of marine science

A total of 18 high school students successfully completed Rota's inaugural annual Aquaculture Summer Youth Academy at the NMC Rota Center hosted by Northern Marianas College Cooperative Research, Extension, and Education Services Aquaculture and Natural Resources program from July 29 to Aug. 2, 2024.

Led by acting program leader of A&NR Jerry Barcinas and A&NR research assistant Kimo Lizama, students ages 15 to 18 were able to gain hands-on experiences about aquaculture, recirculating aquaculture systems, food security, hydro/aquaponics, vertical mangrove crab farming, mariculture, and aquaculture cooking demonstrations.

During the field trip and various tours that covered different areas of aquaculture, students learned the importance of aquaculture, soilless plant cultivation techniques, and water quality testing.

NMC

Students gather for a group photo alongside A&NR Program acting leader Jerry Barcinas, research assistant Kimo Lizama, and BECQ-DCRM representative William Pendergrass after completing Rota's inaugural Aquaculture Summer Youth Academy.

One particular highlight of the week-long Summer Youth Academy was the introduction of Vertical Mangrove Farming. Students learned about the benefits of this innovative technique, which offers a sustainable and space-saving method for raising mangrove crabs efficiently. As vertical crab farming is new to the Northern Mariana Islands, students were excited to try the crabs from the first-ever vertical mangrove crab farming installation in the CNMI.

Participant Kassidy May Garces showed her passion for aquaculture and said, "I love science and most especially Aquaculture in general. Our NMC Aquaculture team leader kept us busy everyday in learning aquaculture and applying the practices hands-on. I learned a lot about Hydro/Aquaponics, vertical mangrove crab farming, mariculture, water quality testing, and the amount of food we can produce in aquaculture. I'm looking forward to next year."

Another student, Victor H. Atalig, shared his newfound interest in Aquaculture, stating, "This is the best academy I have ever joined. I will most definitely join next year for sure. I had a lot of fun and learning experience with the rest of my Team Aqua. Looking forward to seeing Mr. Barcinas conduct next year's academy."

"The 'Aqua Team' students have learned so much in such a short time, and I see a bright future for them as they become engaged stewards of our ocean and marine life, contributing to secure food security for Rota and the CNMI," Barcinas said. "Many have shown a strong interest in pursuing majors in the fields we explored during the academy, and they are all looking forward to next year's event, which I am sure will draw even more participants."

Barcinas further stated, "A big thank you to the parents and guardians for encouraging their participation in this first event. Your support is invaluable in fostering the next generation of leaders in aquaculture and natural resources. Thank you to all our collaborators and volunteers who helped make this event a success."

"It's wonderful to see the affinity that our youth in Luta have for science, nature, and Aquaculture. The A&NR program is doing a great job offering these experiential learning opportunities to our youth," CREES interim dean Patty Coleman said.

Rota's inaugural Aquaculture Summer Youth Academy was conducted by the NMC-CREES A&NR Program in collaboration with the NMC Saipan Team, NMC Rota director Diana Hocog, Charlene Ogo of the CNMI Small Business Development Center, Rota Department of Fish and Wildlife, Bureau of Environmental and Coastal Quality Coastal Resources Management, Department of Public Safety, Rota Mayor's Office-Hospitality Team and Rota Department of Fire & Emergency Medical Services.

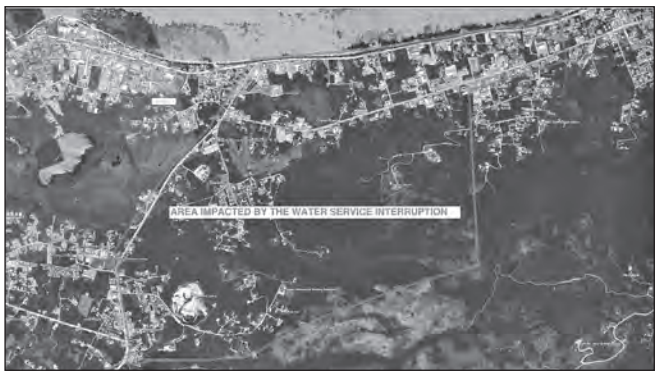
The Aquaculture Summer Youth Academy provided a comprehensive educational experience that combined theoretical knowledge with practical applications, emphasizing the importance of sustainability and healthy eating.

For more information about the aquaculture summer youth camp or NMC CREES Aquaculture & Natural Resources Program, contact Barcinas at jerry.barcinas@marianas.edu or (670) 234-9207, ext. 9207. ***(PR)***

NMC

Mangrove crabs cooked by the Rota Mayor's Office Hospitality Team for students to try on their final day of the Aquaculture Summer Youth Academy.

Scheduled water service interruption for As Terlaje and Kannat Tabla Tank Service Areas on Aug. 21



CUC

The map of the Commonwealth Utilities Corp.'s scheduled water service interruption today, Aug. 21, 2024, for the As Terlaje and Kannat Tabla Tank Service Areas.

The Commonwealth Utilities Corp. would like to inform the general public that there will be a scheduled water service interruption today, Aug. 21, 2024, for the As Terlaje and Kannat Tabla Tank Service Areas from 12pm to 4pm.

The purpose of the scheduled water service interruption is to allow CUC's contractor, CorePlus Construction, to connect a new 6-inch PVC pipe and 8-inch Di pipes for the Model 10 Granulated Activated Carbon Filter system.

The Isley Field and Obyan Wells Granulated Activated Carbon Water Filtration System project is funded by the U.S. Economic Development Administration and the Department of the Interior, Office of Insular Affairs. This project involves installing GAC filters to mitigate the public health risks associated with PFOS and PFOA groundwater contamination. These systems will effectively remove PFOA and PFOS from the contaminated wells, reducing their concentrations below health advisory limits and ensuring higher water quality for the community.

Customers in these areas will experience low to no water pressure between the specified hours. Please allow one to two hours for the water lines to fully pressurize.

CUC apologizes for any inconvenience this may cause and will continue to work diligently to provide reliable services for our customers. For more information, contact CUC's hotline at (670) 236-4333, visit its website, and monitor its Facebook page for the latest updates.

In case of an emergency, contact Customer Service at (670) 664-4282. ***(PR)***

DIVISION OF PROCUREMENT SERVICES
CNMI GOVERNMENT

INVITATION TO BID
ITB NO.: ITB24-GOV/OGM-42400133

SUBMISSION DATE: SEPTEMBER 06, 2024 TIME: 09:00 A.M.

"PURCHASE OF ONE CLASS "F" VEHICLE FOR THE OFFICE OF GRANTS MANAGEMENT AND STATE CLEARINGHOUSE, SAIPAN"

COPIES OF THE SPECIFICATIONS MAY BE OBTAINED ON THE MUNIS VENDOR SELF SERVICE PORTAL (https://selfservice.dof.gov.mp/vss/) OR AT THE OFFICE OF THE DIRECTOR OF PROCUREMENT SERVICES, LOCATED AT BLDG NO. 12386, ASCENSION DRIVE, CAPITOL HILL, SAIPAN, DURING REGULAR WORKING HOURS.

THE PROVISIONS OF THE CNMI PROCUREMENT REGULATIONS, NMIAC SECTION 70-30.3-305, 70-30.3-725 AND 70-30.3-730 PROHIBITING GRATUITIES, KICKBACKS AND CONTINGENT FEES SHALL APPLY.

THE CNMI GOVERNMENT RESERVES THE RIGHT TO REJECT ANY OR ALL BIDS, OR PORTIONS THEREOF, AND WAIVE IMMATERIAL DEFECTS IF TO DO SO WOULD BE IN THE BEST INTEREST OF THE CNMI GOVERNMENT.

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PSS

From page 1

teachers, and staff were all excited and prepared to welcome our students back to our learning environment. Parents were appreciative and students were just delighted to come back to school from their summer break. Moreover, Tinian and Rota schools also reported a successful first day of school. Office of Pupil Transportation staff, and of course our bus drivers, were just as excited as the students who stepped onto their buses. Our school maintenance and janitorial staff, along with food servers, were excited," he said.

The commissioner also added that he received reports that the HeadStart centers also successfully received their students on their first day.

"Therefore, as I made my rounds visiting various schools [yesterday], I was just reminded of how grateful I am to have such hardworking and dedicated professionals across our school district from Central Office to our 20 public schools and 10 Headstart centers. Board members also visited our schools, and I am likewise encouraged by a very supportive board of education. The positive energy is evident, and I am confident that our academic enterprise and student support to all students, including Special Education students, is indeed top notch," added Camacho.

Meanwhile, the Marianas High School retained their school schedule of 9am until 3:45pm. The school's schedule was changed last year due to road construction and bus routing

"Studies have shown that if students begin school at a later time, their brains are actually awake. So far, it's been working well," said Romolo Orsini, MHS vice principal.

When asked if they will continue the schedule even if the construction is done, he said that even if he liked it, the decision is up to the Office of People Transportation as well as the Office of the Commissioner of Educaiton who determines that.

Orsini said MHS encountered a minor problem due to unregistered students, but they were still accommodated and processed for class schedules because the school prioritizes education.

The 56-year-old MHS building is also undergoing construction that delayed the teachers' return to classrooms due to building renovations and rail system repairs, but despite the delay, the MHS team adapted and made the best of the situation. The renovation of the building is expected to be completed by October or November of this year.

Orsini also thanked the Department of Public Safety for their assistance of being along Beach Road that made the first day run smoothly and for buses showing up on time.

The first day at Oleai Elementary School went smoothly as compared to last year and the parents felt comfortable dropping off their children, according to principal Jasylene Parico.

"The students were excited, they stepped out of their cars, out of the bus, just feeling happy and just feeling excited to be back," said Parico.

Vice principal Alisa Pangelinan said that they did not encounter any problems even with the registered students because multiple communication channels were provided.

"One of the ways we help to mitigate that with the parents about registration is we communicate through multiple ways. So, at the end of the school year, all the kids were given flyers, and then we also sent information via email via Infinite Campus, and not only that we put it in our Facebook," said Pangelinan.

The school has a total of 366 enrolled students and according to Parico student registration and rostering for classes are their priorities.

Pangelinan expressed here gratitude for the collaboration in traffic mitigation as she mentioned that the school location is on a heavy-traffic area. She would like to thank Our People Transportation, DPS, and Department of Public Works. She also thanked Rep. Vicente Camacho (D-Saipan) for the notebooks he donated early yesterday morning.

Police Lt. Daniel I. Smith said that the traffic flow yesterday morning during rush hour went smoothly and he is glad that the motorists took alternative routes to drop off their children at school.

EXCITING

From page 1

while Rota's Dr. Rita Hocog Inos Junior High School was at 8:15am.

For high schools, Tinian High School began its first day at 8am, while Rota's Dr. Rita H. Inos Senior High School at 8:15am and 9am for all of Saipan's four high schools.

Education Commissioner Dr. Lawrence F. Camacho emphasized the importance of collaboration and partnership as key in continuously developing relationships within and beyond the school environment. He and his key management team were spread at various public schools, joining school leaders in welcoming returning and new students yesterday.

"This is an exciting moment for all of us," he said. "Our students are excited about coming to learn. Our teachers and staff were eager to welcome our students. Our parents were as excited as everyone else. We have a lot going on today."

Schools reported a generally smooth opening of the new school year, according to school administrators from Saipan, Tinian, and Rota.

There were normal last-minute needs for students and parents, including late enrollment. The school district is expecting the total number of student population to breach the 9,000-mark due to late enrollment. Enrollment is ongoing throughout the first few weeks of the opening of classes.

"They are expected to increase due to the fact that enrollment is still ongoing," Dr. Rizalina Liwag, senior director for PSS' Office of Accountability, Research and Evaluation, which tracks students' data and information. "There are still a lot of students that were not enrolled as of yesterday's (today) opening."

Excited

At Garapan Elementary School, one of the largest public elementary schools, returning and new students began arriving before the official designated opening time.

Camacho began his day early at 6:33am. He assisted the school staff to open the main gain of GES for early student arrivals.

And he was the first to greet the first student that arrived at GES.

"Welcome back!" exclaimed the education chief to 9-year-old Steven Flores, an incoming fourth-grade student, who was dropped off by his older sister, Savannah Flores, an incoming senior at Marianas High School.

Camacho also toured and observed classrooms at various stops. "I want to make sure that all of our students are safe," the education chief said. He was joined by principal Derwin Johnson.

Escorted by both of his parents, James is a new student entering second grade. On Saipan, he is attending school for the first time. He moved to Saipan last summer after completing his first grade in China.

"Good luck with school today and don't forget to make friends," Camacho told James. "And thank you parents for joining your child on his first day of school."

On the first day of classes, another first-time student, Madison, arrived with her mother, Jennilyn. Madison attended kindergarten through first grade in Abu Dhabi before relocating to Saipan a few months ago.

"Are you excited," Camacho asked Madison. "Yes, I am," she replied shyly.

Strong support

Yesterday, every employee in the school district—teaching, non-teaching, and support staff—was fully engaged in their work. Their assistance made the opening of classes a seamless process.

"We are ready. We are ready every single minute of every single day," said third grade classroom teacher Mary Grace Mendoza.

"We welcome students with loving hands," she added.

A bus driver said, "I am just happy to provide safe transport and care for our students who ride our buses."

Lorraine Arriola, who teaches homeroom in the second grade, has meticulously organized her classroom. Her students were enjoying breakfast while listening to a soothing instrumental song. "Every morning when my students arrive and eat breakfast, I do this so they can unwind and enjoy learning."

The food service provider for the schools was also praised by Camacho for making sure students can eat breakfast and lunch, which is essential for their health and wellbeing.

There were about 1,200 PSS staff that reported to work yesterday. This includes 570 instructional staff, over 40 bus drivers/conductors, and 560 instructional staff that includes teacher aides, school administration, support staff, and central office staff.

Schools

Principal Jonathan Aguon reported that MHS, the largest public school, smoothly opened its 60 classrooms. "It was a very smooth opening. We were all eager for each one of our students to return.

Along with his vice principals Melanie Sablan Rdiall, Preston Basa, and Romolo Andrew Orsini, Aguon also greeted parents who had come to drop off their kids.

"A lot of parents were mindful of the traffic situation (due to ongoing road improvement work). They really dropped their students on time," Aguon said.

A longer version of this story is available at www. saipantribune.com

CPA

From page 1

to disclose specifics about the current situation with Star Marianas, but he did share that a follow up collections notice was sent out as of last week.

"Our lawyer has [advised] that we not speak on the Star Marianas issue right now as we are in litigation. But we did send out another collections notice last week. We didn't reply to any comments because we're under litigation," he said.

CPA board vice chair Antonio Cabrera said CPA will be putting a hold on any public comments regarding the dispute with Star Marianas due to it being a sensitive legal issue.

"Because this is a very sensitive issue, we prefer to put publicity on hold because we [are at an impasse]. We don't want to create confusion. We're just doing our part and we've sent them a follow up collections notice. That's it for now," he said.

Meanwhile, in an interview with Gov. Arnold I. Palacios on the matter, he said he has spoken to all parties in this matter but because both are standing firm on their positions on the matter, he must find another way to help for the sake of CNMI community members who rely on Star Marianas for air service.

"I've talked with Star Marianas, they have their own position, I've talked to CPA and they have their own position. So, now I've got to pivot and see what I can do to figure out if we can resolve this situation between both parties," he said.

However, at the end of the day, Palacios said this matter must go through CPA as it is an autonomous agency.

"This must go through CPA. There is a lawsuit that is pending so I'm going to try everything I can. But CPA is an autonomous agency, and I don't want to appear like I'm overly involving myself with matter concerning CPA. But, this is a community concern that we need to address regardless of that. We need to see where we can work and what can be done," he said.

Last month, CPA sent out a debt collection notice to Star Marianas for payment of over $1.2 million in airport fees dating back to 2022.

Star Marianas, for its part, sent a letter in response to CPA's notice stating that they do not agree with CPA's method of collecting its fees and that should the matter not be resolved, Star Marianas would have to cease operations come October.

Tinian and Rota leadership have both reached out to CPA and Star Marianas pleading for a resolve stating that it is the island's people who would suffer should this dispute remain unresolved.

AG

From page 1

eral in prosecuting corruption at the highest levels of government. The Commonwealth is not aware of any conflicts which would prevent a sitting justice from hearing and deciding this important constitutional issue. The current justices heard and decided a parallel issue as to the pro hac admission of the special prosecutor to this case when they decided 2023 MP 6. This case presents similar arm's length issues regarding the constitutional duty of the sole prosecuting authority in bringing criminal charges against those in the highest levels of government. As such, the Commonwealth would request the current justices, who were duly appointed, confirmed, and retained by the people of the Commonwealth in their exercise of self-governance to decide these important issues regarding the CNMI Constitution," he said.

The docketing statement further states that the Commonwealth intends to bring this case as an appeal, but understanding that appeal rights are narrowly construed, will be bringing a petition for writ of mandamus in the alternative should this Court find there is no right to appeal.

"The Commonwealth intends to follow all NMI Supreme Court Rules regarding both appeals and petitions for writs of mandamus to ensure a proper record and notice," said Glass.

In December 2021, former governor Torres was found in contempt of a legislative subpoena by the House Judiciary and Governmental Operations Committee for refusing to appear before the panel.

On April 2022, the OAG charged Torres with 12 counts of misconduct in public office, one count of theft, and one count of contempt for failure to appear in compliance with a legislative subpoena.

Torres denied the charges.

In August 2022, judge pro tem Alberto Tolentino dismissed without prejudice the contempt charge against the former governor after finding that there was evidence indicating that prosecutor Glass was exposed to "privileged information".

In October 2023, assistant attorney general James Robert Kingman refiled a separate charge of contempt and misconduct in public office against Torres.

Earlier this month, Barcinas disqualified Kingman and the AG from prosecuting Torres in this case and deferred the appointment of another prosecutor to Gov. Arnold I. Palacios.

Palacios, for his part, says because the OAG is going through an appeal process, he will refrain from acting on the issue but will do so if he must if the court maintains the Superior Court's order.

CK Community Outreach Partnership Program Office opening

RACQUEL FLOYD

Gov. Arnold I. Palacios delivers his opening remarks during the Chalan Kanoa Community Outreach Partnership Program Office grand opening and seventh year anniversary celebration of Hinemlo O'hala Para Enteramenti Recovery Center last Monday.

RACQUEL FLOYD

Department of Labor-Workforce Investment Agency program manager Joe Villacrusis delivers his speech.

RACQUEL FLOYD

Rep. Manny Castro (Ind-Saipan), who supported the opening of the center, delivers his speech.

RACQUEL FLOYD

Substance Abuse Addiction & Rehabilitation program manager Charlotte Flores during her welcome remarks and presentation of the rehabilitation program.

RACQUEL FLOYD

CNMI Narcotics Anonymous' Jack Sablan served as one of the guest speakers.

RACQUEL FLOYD

SAARS special assistant Diego Sablan makes his closing remarks.

RACQUEL FLOYD

Rep. John Paul Sablan (Ind-Saipan) delivers his speech as special guest speaker.

RACQUEL FLOYD

Saipan Mayor Ramon B. "RB" Camacho and SAARS special assistant Diego Sablan pose for a photo after the ribbon-cutting ceremony.

Opinion

Hafa Adai!
Saipan Tribune
THE CNMI'S FIRST DAILY NEWSPAPER
Volume XXXIV, Issue No. 167

Published daily at 2/F JP Center,
Beach Road, Garapan, Saipan, CNMI
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MEMBER

The Associated Press | Pacific Islands News Association

The assassin Googled ME, Biden, and Merrick Garland, and I was the only one appearing near his hometown. Plus, he was a Republican and his classmates said he was a staunch conservative, so it's looking more like this was a typical mass shooter type nutjob trying to go out in a blaze of infamy, and not that THEY are trying to silence ME and MAGA!
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EDITORIAL

Trump's rash of bizarre claims and wild tangents is no laughing matter

Donald Trump was always unfit to be president, however his apparent cognitive decline since he last ran for office in 2020 is alarming.

He has long spewed lies and conspiracies, but Trump's rantings have become more delusional—underscoring how he can't be trusted with the nation's nuclear launch codes, let alone to manage budgets, unpredictable crises or delicate matters of foreign affairs.

If elected again, his detachment from reality poses a threat to the stability of the country and the free world.

Trump is stuck in a dark place, making it impossible to lead the nation to a brighter future. His fear and anger routine feels especially tired next to Vice President Kamala Harris' vision of joy and hope. Indeed, the growing wave of enthusiastic support for Harris has seemingly knocked Trump loose of his moorings.

In recent weeks, he has significantly reduced his campaign schedule and retreated to his Palm Beach resort, where he gave a rambling news conference that was unglued even by Trumpian standards. With no supporting facts, he claimed the stock market was crashing, that the country was on the brink of a depression, and World War III was looming.

Trump made a number of bizarre claims, including that people were "dying financially because they can't buy bacon" and that Gov. Tim Walz, Harris' vice presidential pick, was "heavy into the transgender world."

Trump wrongly said everyone would be forced to buy electric cars, and that would require every bridge in the country to be rebuilt because the weight of the batteries made electric vehicles heavier.

He went off on a wild tangent about the time he almost crashed in a helicopter with former San Francisco Mayor Willie Brown, even though Brown says he never flew with Trump.

Contrary to what polls show, Trump said the Supreme Court decision to overturn Roe v. Wade was something "every Democrat and every Republican wanted done." He incoherently said gasoline was "going up $7, $8, $9 a barrel" although gas is sold by the gallon.

Trump repeatedly overstated crowd sizes at his rallies. At one point, he falsely claimed more people attended his speech on Jan. 6, 2021, than the estimated 250,000 who watched the Rev. Dr. Martin Luther King Jr.'s famous "I have a dream" speech at the Lincoln Memorial.

By the time the news conference ended, Trump issued 162 misstatements, exaggerations or flat out lies in just over an hour, according to a review of the transcript by a team of reporters and editors at NPR. The full transcript is worth perusing to fully contemplate how Trump could be president again—or how a Fox News anchor could describe

See TRUMP on Page 7

The arrests in Matthew Perry's death expose a system built to prey on addicts

By MARY MCNAMARA
Los Angeles Times

Mary McNamara is a culture columnist and critic for the Los Angeles Times.

LOS ANGELES—Last fall, the death of "Friends" star Matthew Perry was met with a collective howl of grief.

Now, with the arrest of five people charged with involvement in the ketamine overdose that killed him, that howl should turn to one of anger.

According to U.S. Attorney Martin Estrada, two doctors, Salvador Plasencia and Mark Chavez, allegedly worked with Jasveen Sangha, a drug dealer known as the "Ketamine Queen," to supply Perry with the drug, which Perry's assistant, Kenneth Iwamasa, injected into the actor several times on the day of his death.

Ketamine, once known as the party drug Special K, is a sedative that many doctors now use to alleviate depression and treat substance abuse. Law enforcement officials said Perry, who began supervised ketamine treatments for depression and anxiety at a local clinic and became addicted to the drug, subsequently sought outside sources for it; the amount of the drug found in his system at the time of his death was far greater than prescribed amounts, so high that it acted as general anesthesia would.

The defendants, Estrada said during a news conference Thursday, systematically provided Perry with dangerous amounts of the drug: They "took advantage of Mr. Perry's addiction to enrich themselves" and were "more interested in profiting off Mr. Perry than caring about his well being."

At 54, Perry was a beloved figure. Long known for his ability to land a one-liner with a style that was both comedically ruthless and deeply human, he was also admired for acknowledging his own failings and vulnerability. For months before his death, he had been promoting his bestselling memoir "Friends, Lovers, and the Big Terrible Thing," which chronicled, in excruciating but often darkly humorous detail, his yearslong and physically catastrophic battle with addiction and his subsequent journey toward sobriety.

After so many years of self-destructive behavior, Perry seemed to be doing so well, eager to help others struggling with addiction. How, many wanted to know, could such a terrible reversal occur?

For recovering addicts and those who love them, the immediate answer seemed painfully clear: Although it can be successfully treated, addiction is a disease of the mind and body that is never cured. No amount of rehab or pharmaceutical counteragents can prevent a relapse; achieving and maintaining sobriety requires daily effort.

And sometimes addiction wins.

But Perry clearly wanted to be, was actively trying to be, sober. He said he had been "clean" for more than a year and there were no other drugs in his system when he died. I will leave it to medical experts to debate the efficacy of treating an addict with ketamine, which studies have indicated provides necessary relief for major depression. But one hallmark of addiction is the belief that, if one is good, three (or five, or 19) will be better.

Especially if there are people more than willing to exploit that impulse for profit. Including those with medical degrees.

Texts between Plasencia and Chavez make their motives nauseatingly clear. According to court records, Plasencia texted Chavez: "I wonder how much this moron will pay" and "Lets find out." The doctors distributed 20 vials of ketamine to Perry, charging him $2,000 for a vial that cost Chavez $12, authorities said.

Too often, our view of overdose begins and ends with the victim and, perhaps, the person who supplied the drugs. Two dealers were convicted in the death of rapper Mac Miller, who died after taking oxycodone pills that had been laced with fentanyl. Likewise, Cathy Smith was convicted of involuntary manslaughter after she injected the mixture of heroin and cocaine that ended John Belushi's life. As was Dr. Conrad Murray, who gave Michael Jackson a fatal dose of propofol. But all of those deaths, and convictions, were just the visible end of a very long process involving very many people. Which is true, in some way, for every single drug that ends, or ruins, a life.

It would seem that Perry knew he was taking ketamine, if not recreationally then at least recklessly. He was paying way above market value and having it administered unsupervised. But ketamine, as my colleagues Salvador Hernandez and Richard Winton reported earlier this year, has become hot stuff among the rich and famous. It is even available in various direct-to-consumer forms online.

Unlike, say, heroin or OxyContin.

As the arrests in Perry's case make clear, addiction, and bad choices made by an addict, are not the only answer to "How did this happen?"

Neither addiction nor overdose have any regard for tax bracket, but when a beloved celebrity dies the attention can provide an opportunity. And not just for an examination of how the ability to get anything you want if you are willing to pay for it is a double-edged sword, though the money and fame that allowed Perry to access quality, discreet, medical care and rehabilitation services also made him vulnerable to players in a black market that exploits those with a lot of ready cash.

These arrests make it clear that tragic deaths like Perry's are not just the result of one person making a questionable choice and another person enabling it. Many people made many choices that brought us to this point. The dealers who initially sold the ketamine, the doctors who bought and resold it, the intimates who procured and injected it.

Just as Perry's book, and then his death, forced us to reengage in conversation about the life-threatening complexities of addiction, Thursday's arrests should provoke a closer look at the ease with which a potentially life-threatening drug can be obtained and abused, often under the eye of non-users who are willing to endanger people's lives—and in Perry's case end it—to make a quick buck.

This time we should not be content with mourning the victim and punishing the nearest perpetrator. This time, we should condemn every link in the damn chain.

I'm a pediatrician, and I know how climate change threatens children

By DEBRA HENDRICKSON
Los Angeles Times

Debra Hendrickson is a pediatrician and a clinical professor at the University of Nevada School of Medicine. She is the author of "The Air They Breathe: A Pediatrician on the Front Lines of Climate Change."

A few years ago, while visiting Hiroshima, Japan, I attended a talk by a well-known peace activist and hibakusha—an atomic bomb survivor. Keiko Ogura had been 8 years old on Aug. 6, 1945, living with her family only a mile and a half from ground zero, in a house shielded behind a small hill.

She recounted searing memories that had shaped the rest of her life. When I spoke with her afterward, she told me that, while it was important for all survivors to warn others about what they'd seen, the testimonies of those who had been children that day were especially important. "Without showing what happened to a child," she said, "the world cannot understand."

I am a pediatrician in Reno, the fastest-warming city in the U.S. I am haunted by Keiko Ogura's words as I look into the eyes of the babies and children in my clinic. A slow-motion bomb is going off over their heads, and unless parents understand the urgent policy choice they face this November, these children will carry the agony and sorrow of our decisions long after we are gone.

The "bomb," in this case, is the billions of tons of carbon pollution that have been spewed into Earth's atmosphere through the burning of fossil fuels. It now forms a heat-trapping blanket over the planet, and the harms are everywhere to see. Last month, Reno's neighborhoods fell silent as a severe heat wave brought a string of above-100-degree days—once unheard of here—and forced children indoors, robbing them of normal summer activities. We knew what can follow that kind of heat and kept a wary eye to our west, waiting for smoke from the next megafire to begin pouring over the Sierra Nevada. It soon arrived: haze from California's Park fire and Crozier fire is now polluting our air.

We are hardly alone. Tens of millions of Americans—from already hot places like Miami and Las Vegas to usually cool cities like Missoula, Mont., and Portland, Ore.—have baked in extreme heat this summer, with many cities breaking temperature records. Hurricane Beryl, the earliest Category 5 and Category 4 storm in history, battered Texas, and Tropical Storm Debby drenched the East Coast with climate-change intensified precipitation.

Beyond the headlines there are thousands of untold stories of children who are being hurt. Because of their different physiology, small size, dependence on adults and still-developing organs, the youngest among us are uniquely vulnerable to the health threats posed by a warming world—by heat waves, wildfires, hurricanes, infectious diseases, air pollution and more. Unlike a literal bomb, however, climate change injures children in insidious and indirect ways, and parents may not even realize that they've been harmed.

Take, for example, the wildfire smoke that now regularly engulfs my city. The smoke is packed with fine and ultrafine particles—microscopic soot and droplets bound to heavy metals and toxic chemicals—that are also found in fossil fuel emissions such as car exhaust. We know that children who are chronically exposed to particle pollution will tend to have smaller, stiffer lungs; moving to an area with clean air before they're done growing can increase their lung capacity 10-12%. And we know that the tiniest particles don't stop at the lungs: They've been found encased in Alzheimer's-like plaques in the brains of children living in heavily polluted neighborhoods, and chronic exposure (including prenatally) increases the odds of autism, ADHD and cognitive and behavioral problems.

Parents know if their child tires easily on the playground or is struggling in school. But because the effects of climate change on children are neither immediately obvious nor easy to prove in any single child, fossil fuels usually escape blame. After a 4-month-old baby and 10-year-old boy in Arizona died from heatstroke on family outings in July, many were quick to criticize the parents. Few focused their ire on the fossil fuel industry, which made the temperatures that killed both children far more likely.

Extreme heat especially affects children in low-income families or in cities that haven't needed air conditioning in the past. A 2022 review of data from 47 children's hospitals across the country found that pediatric emergency room visits jumped 17% in hot weather. Domestic violence, child abuse and child neglect also increase as high heat lowers parents' ability to cope. Children struggle to learn in school. The risk of babies dying in hot cars, or athletes collapsing on the field, rises. And air pollution and heat have profoundly negative effects on pregnant women, fetuses and newborns, increasing life-threatening pregnancy complications, preterm birth, infant mortality, childhood cancers and more.

And today's children face another, more profound threat. Like Ms. Ogura, they may one day have to survive in a world that none of us would recognize. On our current trajectory, the U.N. calculates that Earth will warm nearly 3 degrees Celsius over pre-industrial temperatures by 2100; within decades, our children and grandchildren could see widespread ecosystem and civilization collapse.

It doesn't have to be this way. The Intergovernmental Panel on Climate Change has shown that if we cut global emissions of carbon dioxide in half this decade, we could still keep the trend line of Earth's warming at or near 1.5 degrees Celsius. The Biden administration's 2022 Inflation Reduction Act, aided by the rapidly dropping price of solar energy and batteries, has ignited a green energy and manufacturing revolution in the U.S. and raised hopes that we will meet those goals.

Yet Project 2025, the controversial blueprint for a second Trump term, calls for a dismantling of our clean energy progress.

Over the years I have witnessed the fierce protectiveness of parents countless times. But they can't protect their children from climate change unless they grasp the urgency of this moment. If we squander the very narrow window of time to prevent the worst, and drive emissions up instead of down, the consequences will be devastating.

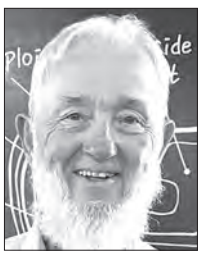
On that terrible day nearly 80 years ago, Keiko Ogura survived because her father, worried after hearing air raid sirens the night before, kept her home from school. American parents now face a similar moment. Escalating heat waves, wildfires and hurricanes are our sirens. We must look at what's happening to our children and protect them.

Red Caesarism: Con Man Chauvinism

LITERARY NOOK

By JOEY CONNOLLY
Special to the Saipan Tribune

Joey Connolly aka "Pepe Batbon" is a retired educator who taught in the CNMI, NOLA, and LVNV. He is the Poet Laureate of Tinian and enjoys stargazing.



In the Mira Lago Liar's Labyrinth

I lead by insult and lying and my lies lead you on
I suck money from acolytes and sycophants
I am their absolute king they can't see past my con
I cry martyrdom I'm a GOP authoritarian elephant
I make stochastic terrorism a virtue and a vice
I thrive on hypocrisy and conspiracy theories
My faithful gun loving MAGA men act with glee
and buy AR15s and Glocks from sea to shining sea
I am a convicted felon and my bigly campaign pump
is popular: 'POTUS 47' 2025 Donald J. Trump
My alleged malignant narcissism is a benign disease
I rule the roost and advance with Vance as I please
Truth in my politics will never ever suffice.
Believe my Trump regime lies. Take my advice.

TRUMP

From page 6

his performance as a "clear eyed and sober assessment of the state of the nation."

Days later, Trump took to social media to claim the massive crowds turning out for Harris and Walz were fake and had been generated by artificial intelligence. His wacky post makes QAnon conspiracy believers seem cogent.

"Has anyone noticed that Kamala CHEATED at the airport?" Trump wrote. "There was nobody at the plane and she 'A.I.'d it, and showed a massive 'crowd' of so-called followers, BUT THEY DON'T EXIST!"

The election is fast approaching, and this is the nonsense Trump is obsessed about. For the record, video footage and photographs captured by the media and attendees showed large crowds greeting Harris.

Trump, a twice impeached, convicted felon, facing three criminal indictments, went on to argue that Harris "should be disqualified" from running for president because the (not) fake crowd image was election interference.

Such drivel may be chalked up to Trump giving the MAGA masses more bread and circuses. But it is more troubling than that, as Trump is once again undermining democracy by recklessly sowing seeds of doubt in the upcoming election.

He did the same thing in 2020. Even after losing more than 60 court cases and having his own Homeland Security officials declare the election was the most secure in history, Trump refused to concede and illegally attempted to overturn the results, which culminated in the Jan. 6 insurrection.

Trump's recent meltdowns are part of his broader deterioration. He frequently slurs words, forgets names, and confuses elected officials.

This is not a new issue, but it appears to be getting worse. In 2019, Trump called Apple CEO Tim Cook, Tim Apple. In 2020, he repeatedly referred to Rep. Matt Gaetz as Rick Gates, a former aide who was convicted for his role in the Russian election interference case. More recently, Trump mixed up Nikki Haley with Nancy Pelosi.

During recent rallies, Trump has gone on incoherent rants about sharks and electric boats. He has an odd obsession with fictional serial killer Hannibal Lecter.

At a rally in Montana, Trump strangely said no one knows Harris' last name. Uh, it's Harris, just like her father, the retired Stanford University economics professor.

On several occasions, Trump has conflated mental asylums with asylum seekers. During a rally in the Bronx, he gave a head-scratching soliloquy about how he puts on his pants. He even claimed President Joe Biden would crash the Democratic National Convention and take back the nomination.

This is way beyond weird and has nothing to do with policies or plans to improve the lives of working Americans. Still, most Republican officials and many in the media ignore or downplay Trump's peculiar state of mind.

Normalizing Trump's unhinged musings is dangerous, and the kid-glove treatment stands in stark contrast to the onslaught Biden endured from the media, Democratic officials, and donors following his lousy debate performance.

Biden's issues centered more on his speech, stemming from his lifelong struggle with stuttering. During the debate, he looked at Trump with his mouth agape and occasionally lost his train of thought and froze up, adding to the alarm.

Trump, on the other hand, struggles to form coherent sentences, mispronounces words, and goes off on nonsensical tangents that are detached from reality. His incessant lies border on pathological. He also exhibits a grandiose sense of self-importance, a lack of empathy for others, and a constant need for attention and admiration that can impair leaders who are so deeply focused on themselves.

Biden wisely put the country ahead of his personal ambition and stepped aside. That leaves Trump, 78, as the oldest presidential nominee in American history. His advanced age is not the only red flag.

In 2017, more than two dozen concerned psychiatrists and mental health professionals warned about Trump's instability in a book titled The Dangerous Case of Donald Trump. And more recently, medical experts have expressed concern about Trump's mental capacity with one psychologist saying his speech, memory recall, and other behavior shows he is "dangerously demented."

It should be noted, however, that those assertions are a violation of the American Psychiatric Association's so-called "Goldwater Rule," which prohibits mental health experts from offering "professional opinions about the mental state of individuals that they have not personally and thoroughly evaluated."

For his part, Trump claims that he "aced" a cognitive test, though mental health experts note that it is hardly an effective diagnostic tool.

And it's unlikely that the former president would ever feel compelled to release more details about his mental state.

So it will ultimately be left to voters to determine whether Trump's outlandish ravings are the product of "a very stable genius," or someone who is more dangerous, more delusional, and more unfit to be president with each passing day.

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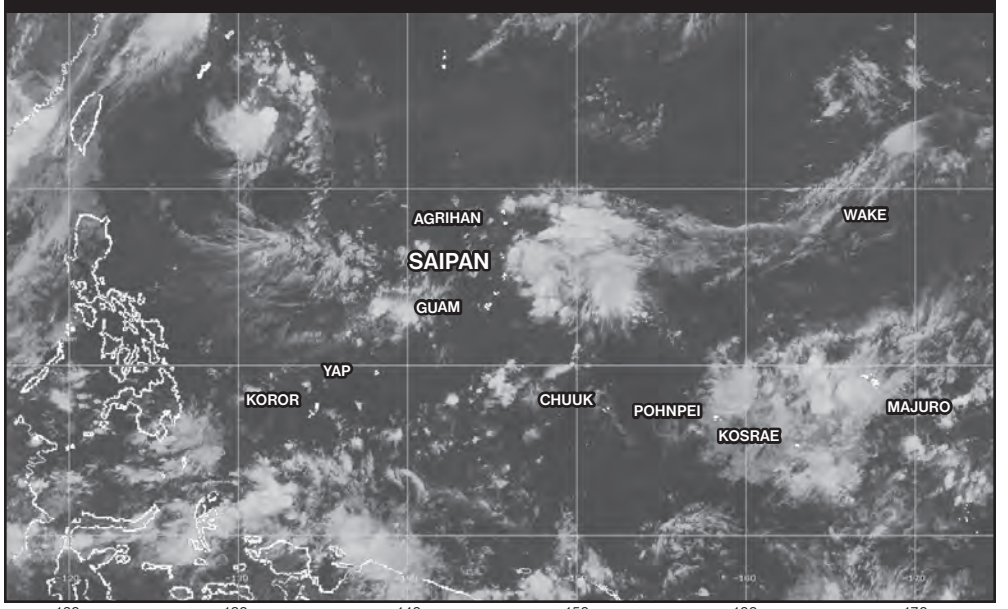
The Weather

5-DAY FORECAST FOR SAIPAN AND TINIAN

TODAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Showers likely and possibly a thunderstorm. Some of the storms could produce heavy rainfall. Cloudy.	Showers likely and possibly a thunderstorm. Some of the storms could produce heavy rainfall. Cloudy.	A 40 percent chance of showers. Partly sunny.	Partly sunny.	Partly sunny.
83º / 79º	84º / 79º	85º / 80º	87º / 80º	86º / 81º

YESTERDAY'S SATELLITE IMAGE



PICTURE TIME: 6:35 AM TUESDAY, AUGUST 20, 2024

Western North Pacific between equator and 25N from 130E to 180.

An enhanced area of shower activity is still approaching, so little change was made to the rainfall, other than isolated showers this morning. The wind field didn`t develop, so that means a lot of the enhanced winds and waves in the previous forecast was convective feedback. As such, removed most of it, lowering the winds and seas starting on Wednesday.

Satellite image and accompanying information are provided by the National Weather Service. For an updated weather forecast, visit the National Weather Service Guam homepage: https://www.weather.gov/gum/

MICRONESIA	▲ ▼ °F	
Guam and Rota	Partly Cloudy	90° / 81°
Palau	Rain Shower	92° / 79°
Yap	Partly Cloudy	89° / 80°
Chuuk	Cloudy	92° / 81°
Pohnpei	Cloudy	91° / 77°
Kosrae	Cloudy	86° / 78°
Majuro	Cloudy	86° / 82°

DAY	SUNRISE	SUNSET
Today	6:03 AM	6:36 PM
Thursday	6:03 AM	6:36 PM
Friday	6:03 AM	6:35 PM
Saturday	6:03 AM	6:34 PM
Sunday	6:03 AM	6:34 PM

DAY	MOONRISE	MOONSET	MOONRISE
Today	-	7:12 AM	7:53 PM
Thursday	-	8:11 AM	8:36 PM
Friday	-	9:10 AM	9:18 PM
Saturday	-	10:09 AM	10:02 PM
Sunday	-	11:09 AM	10:48 PM

AROUND THE GLOBE	▲ ▼ °F	
Auckland	Sunny	54° / 43°
Beijing	Fair	83° / 74°
Hong Kong	Light Rain	80° / 77°
Honolulu	Partly Cloudy	87° / 75°
London	Sunny	91° / 63°
Los Angeles	Sunny	91° / 67°
Manila	Partly Cloudy	94° / 78°
Melbourne	Showers	58° / 44°
Miami	Partly Cloudy	88° / 81°
New York	Rain	87° / 70°
Osaka	Cloudy	88° / 75°
Paris	Sunny	94° / 66°
Busan	Mostly Cloudy	89° / 79°
Rome	Thunderstorms	89° / 68°
Salem	Thunderstorms	84° / 70°
San Francisco	Cloudy	72° / 58°
Seoul	Mostly Cloudy	96° / 78°
Tokyo	Partly Cloudy	94° / 75°
Washington, DC	Cloudy	85° / 72°

TIDES: SAIPAN HARBOR TODAY		FEET
2:35 AM	Low Tide	1.07
07:54 AM	High Tide	2.22
2:55 PM	Low Tide	-0.09
9:24 PM	High Tide	2.13

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FLIGHT SCHEDULE AS OF AUGUST 18, 2024

DEPARTURES

SAIPAN-GUAM (GUM)

UA076	9:50AM	10:35AM	Daily

SAIPAN- NARITA (NRT)

UA824	11:50AM	2:25PM	1, 3, 5

GUAM-MANILA (MNL)

PR 111	5:55AM	7:55AM	Daily
UA193	6:50PM	10:55PM	2, 5 via Palau
UA183	7:10PM	9:10PM	Daily

SAIPAN-MANILA (MNL)

7C3403/2305	4:45AM	10:20PM	Daily
UA076/183	9:50AM	9:10PM	Daily via Guam
UA076/193	9:50AM	10:55PM	2, 5 via Guam, Palau

SAIPAN-INCHEON (ICN)

TW308	3:15AM	7:00AM	Daily
7C3403	4:45AM	8:35AM	Daily
7C3405	4:10PM	7:45PM	Daily

SAIPAN-HONG KONG (HKG)

HX77	4:05AM	7:00AM	1, 5

ARRIVALS

GUAM (GUM)-SAIPAN

UA174	8:00AM	8:50AM	Daily

NARITA (NRT)-SAIPAN

UA825	5:30PM	9:55PM	2, 4, 7

MANILA (MNL)-GUAM

UA184	10:25PM	4:20AM+1	1, 3, 4, 6, 7
UA192	10:25PM	6:15AM+1	2, 5 via Palau
PR110	10:30PM	4:25AM+1	Daily
UA184	11:50PM	5:45AM+1	2, 5

MANILA (MNL)-SAIPAN

UA192/174	10:25PM	8:50AM+1	2, 5 via Palau, Guam
UA184/174	10:25PM	8:50AM +1	1, 3, 4, 6,7 via Guam
7C2306/3406	11:10PM	3:10PM+1	Daily
UA184/174	11:50PM	8:50AM +1	2, 5 via Guam

INCHEON (ICN)-SAIPAN

7C3406	9:30AM	3:10PM	Daily
7C3472	11:05AM	4:40PM	Daily (July 17 to Aug 17)
TW307	8:30PM	2:15AM+1	Daily
7C3404	10:10PM	3:40AM+1	Daily

HONG KONG (HKG)-SAIPAN

HX76	7:25PM	2:35AM+1	4, 7

LEGEND: Days: Monday (1), Tuesday (2), Wednesday (3), Thursday (4), Friday (5), Saturday (6) and Sunday (7); UA United Airlines; PR, Philippine Airlines; TW, T'Way Air; OZ, Asiana Airlines; 7C, Jeju Air; BX, Air Busan • ETD: Estimated Time of Departure; ETA: Estimated Time of Arrival. *(The Saipan Tribune is not responsible for any changes in the schedule.)*

STAR MARIANAS AIR, INC.

FLIGHT SCHEDULE AS OF JANUARY 2, 2024

SAIPAN TO ROTA

FLIGHT #	FROM	TO	DEPARTS	ARRIVES	FREQUENCY
1301	SAIPAN	ROTA	08:30	09:00	Daily
1302	SAIPAN	ROTA	10:30	11:00	Daily
1303	SAIPAN	ROTA	15:30	16:00	Daily

ROTA TO SAIPAN

FLIGHT #	FROM	TO	DEPARTS	ARRIVES	FREQUENCY
3101	ROTA	SAIPAN	9:30	10:00	Daily
3102	ROTA	SAIPAN	11:30	12:00	Saturday & Sunday
3103	ROTA	SAIPAN	13:30	14:00	Monday To Friday
3104	ROTA	SAIPAN	16:30	17:00	Daily

ROTA TO GUAM

FLIGHT #	FROM	TO	DEPARTS	ARRIVES	FREQUENCY
3401	ROTA	GUAM	11:30	12:00	Monday To Friday

GUAM TO ROTA

FLIGHT #	FROM	TO	DEPARTS	ARRIVES	FREQUENCY
4301	GUAM	ROTA	12:30	13:00	Monday To Friday

SAIPAN TO TINIAN

FLIGHT #	FROM	TO	DEPARTS	ARRIVES	FREQUENCY
1201	SAIPAN	TINIAN	7:30	7:45	Daily
1202	SAIPAN	TINIAN	8:00	8:15	Daily
1203	SAIPAN	TINIAN	9:00	9:15	Daily
1204	SAIPAN	TINIAN	10:00	10:15	Daily
1206	SAIPAN	TINIAN	14:00	14:15	Daily
1207	SAIPAN	TINIAN	15:00	15:15	Daily
1208	SAIPAN	TINIAN	16:00	16:15	Daily
1209	SAIPAN	TINIAN	17:00	17:15	Daily

TINIAN TO SAIPAN

FLIGHT #	FROM	TO	DEPARTS	ARRIVES	FREQUENCY
2101	TINIAN	SAIPAN	8:00	8:15	Daily
2102	TINIAN	SAIPAN	8:30	8:45	Daily
2103	TINIAN	SAIPAN	9:30	9:45	Daily
2104	TINIAN	SAIPAN	10:30	10:45	Daily
2106	TINIAN	SAIPAN	14:30	14:45	Daily
2107	TINIAN	SAIPAN	15:30	15:45	Daily
2108	TINIAN	SAIPAN	16:30	16:45	Daily
2109	TINIAN	SAIPAN	17:30	17:45	Daily

US Coast Guard successfully rescues disabled fishing vessel crew near Satawal Atoll

SANTA RITA, Guam—On Aug. 18, 2024, the USCGC *Oliver Henry* (WPC 1140) crew successfully rescued six fishermen and towed their disabled fishing vessel to Satawal Atoll in the Federated States of Micronesia, marking the end of a coordinated search and rescue operation showcasing strong international and local partnerships.

"This operation underscores the vital importance of Personal Locator Beacons in maritime safety. By quickly alerting us to the fishermen's location; the PLB effectively took the 'search' out of 'search and rescue' by narrowing the search area significantly and allowing us to focus on the swift recovery of the vessel. This highlights the strength of our regional partnerships and the profound impact of technology in enhancing our mission effectiveness," said Cmdr. Patton Epperson, the search and rescue mission coordinator on the case, highlighting the collaborative nature of the mission.

USCG

The crew of the USCGC *Oliver Henry* (WPC 1140) visit with residents of Satawal, Federated States of Micronesia, after safely returning six rescued fishermen and their 22-foot fiberglass boat to the community on Aug. 18, 2024.

The Joint Rescue Sub-Center Guam watch received a distress alert from a 406MHz Personal Locator Beacon registered in the United States at approximately 9am local time on Aug. 17. The beacon, lent out by a Yap-based owner to outer island fishermen, was activated, signaling potential distress about 27 nautical miles north northeast of Satawal.

Upon receiving the alert, the JRSC Guam team launched a coordinated rescue effort involving the *Oliver Henry* and Panamanian-flagged *Zhong Yu Marine*, a 97-meter cargo vessel approximately 138 nautical miles north of the PLB location participating in the Automated Mutual-Assistance Vessel Rescue program. They also coordinated with the Department of Defense to secure aviation support.

Oliver Henry diverted from their patrol 238 nautical miles north-northeast of the PLB for a 10-hour transit at the best possible speed. Despite challenging weather conditions, including low visibility and thunderstorms in the area, the *Oliver Henry* and the *Zhong Yu Marine* arrived at the search area by 3am.

"While the U.S. Navy P-8 Poseidon airplane and crew out of Kadena Air Force Base was en route to assist, the fishermen were located prior to their arrival. We deeply appreciate the readiness and support offered by our Department of Defense partners, which plays a crucial role in the success of our search and rescue missions," said Epperson. "The swift response from our AMVER partner vessel, *Zhong Yu Marine*, and the seamless integration of their efforts with the Coast Guard showcases our ability to overcome challenges in this expansive and remote area of Blue Pacific."

At 8:20am local time, the Oliver Henry crew located the disabled vessel, a 22-foot fiberglass boat with a white hull and blue interior, with six fishers in good condition aboard about 11 nautical miles off Satawal. The vessel, which had been adrift after experiencing engine failure, was towed to Satawal Atoll by the *Oliver Henry*, arriving roughly two hours later. The sea state, reported to be less than a foot with winds out of the east at 4 knots, was particularly favorable for the tow.

"Today's successful mission reflects the high level of training and readiness that the crew of the *Oliver Henry* maintains and has rebuilt following our significant crew turnover this year. I am incredibly proud of our team, who performed exceptionally to ensure the safety of those on board the disabled vessel. This success builds on the achievement of our last patrol where we located and towed a distressed yacht and crew to Palau," said Lt. Ray Cerrato, commanding officer of *Oliver Henry*.

"Being part of these missions is a reminder of why we do what we do. It's about bringing people home safely to their families, no matter the obstacles. We were here in Satawal in April, and we medically evacuated a 9-year-old boy with a head injury safely to higher care and delivered aid from USAID and the International Organization for Migration with support from the U.S. Embassy to combat drought," said Petty Officer 2nd Class Christopher Rodgers.

With the vessel and crew safely returning to shore, the *Oliver Henry* will return to Guam due to a mechanical issue and will conduct repairs before returning to sea.

"The successful rescue of the disabled vessel near Satawal Atoll highlights the Coast Guard's commitment to safeguarding lives at sea across the Pacific. The use of personal locator beacons significantly improves the chances of being found and shortens the search time as we cover these immense distances," said Capt. Robert Kistner, commander of U.S. Coast Guard Forces Micronesia/Sector Guam. "Our coordinated efforts with local partners and international teams demonstrate our dedication to maritime safety in this vast and remote region."

For further details on the rescue operation or the ongoing efforts of U.S. Coast Guard Forces Micronesia, contact Chief Warrant Officer Sara Muir, public affairs officer, at sara.g.muir@uscg.mil or uscgforcesmicronesia@gmail.com. ***(PR)***

Church contribution allows gardening to flourish on Kosrae

Growing vegetables and legumes in Kosrae, Federated States of Micronesia has never been easy. The 300+ inches of annual rainfall over saturates the soil, and torrential downpours pound and destroy fragile seedlings and plants. Any garden plant that might beat the odds and overcome the water-logged soil is quickly eaten by land crabs and other garden pests.

» Greenhouses help overcome challenges of climate and geography

In addition, "Many people live in locations where there is no topsoil, or on filled land, or beachside, having coral, sand and rocks around their houses," explained Nora Sigrah of the Lelu Farmer's Association.

Since vegetables and legumes are essential for a healthy diet, discovering effective methods to grow and harvest them on Kosrae has been a priority for local leaders and residents.

In recent years The Church of Jesus Christ of Latter-day Saints has partnered with the non-profit LFA and other charitable organizations and government entities to overcome the challenges of western vegetable gardening in Kosrae.

CONTRIBUTED PHOTO

The Church of Jesus Christ of Latter-day Saints Welfare and Self-Reliance partnered with Lelu Farmer's Association to build open-air greenhouses.

CONTRIBUTED PHOTO

The church's Welfare and Self-Reliance manager Bill Davis with a mother and her two daughters pose at one of the open-air greenhouses.

An exciting solution which has emerged from LFA's efforts has been greenhouses specifically designed for Kosrae's unique climate and geography.

These open-air greenhouses are constructed of sturdy wooden frames and covered in plastic, which shelters seedlings and plants so that watering can be appropriately regulated. Plants grow in containers and grow bags that rest on elevated platforms inside the greenhouse, keeping them out of the reach of land crabs and other garden pests.

CONTRIBUTED PHOTO

The church's Welfare and Self-Reliance manager Bill Davis poses with a squash produce and staff of one of the open-air greenhouses.

CONTRIBUTED PHOTO

Since 2016, the Church of Jesus Christ of Latter-day Saints has worked in partnership with LFA in funding the construction of over 100 of these greenhouses for families throughout the State of Kosrae.

LFA also supplies island-friendly seeds, seedlings, and other necessary supplies such as trellises, mulch and fertilizer to be used with the greenhouses.

Since 2016, the Church of Jesus Christ of Latter-day Saints has worked in partnership with LFA in funding the construction of over 100 of these greenhouses for families throughout the State of Kosrae.

"We were receiving many requests for donations related to helping those with health issues due to non-communicable diseases," noted Bill Davis, Welfare and Self-Reliance manager for the Church. "Supporting these efforts to improve the health of the Kosrae islanders and help people grow their own gardens was definitely something we wanted to help with."

Greenhouses are provided for all regardless of religious affiliation.

As part of the Church's self-reliance efforts, Davis would like to take this program to other islands in Micronesia as well.

"The greenhouses provide families the ability to grow vegetables for their dinner table and to share, especially in areas where the soil is not suitable for growing vegetables," explained Sigrah.

The effort is a great partnership between the church and other community organizations and members. "We do this because we believe in following the two great commandments the Lord has given," said Davis. "Those commandments are that we must love the Lord with all our heart, and we must also love our neighbor. This is why we make these contributions." ***(PR)***

Business

Mari Bar brings back Mabuhay St. Market

Mari Bar is back this month with Mabuhay Street Market Part 2! Catch the last day of this month's event at the Mari Bar this Thursday, Aug. 22, 2024, from 5pm to 9:30pm located in Crowne Plaza Resort Saipan.

Enjoy an evening filled with some of the Philippines' all-time favorites, with a side of specialty drinks and a live performance at 6:30pm. There's nothing like watching the sunset with a cold brew and satisfied craving.

The Mabuhay Street Market Part 2 features a delectable selection of food and beverages, including:

- BBQ skewers-$6
- Spicy sisig loco moco (chicken or pork)-$12
- Anchovy tomato ensalada-$4

To complement the mouthwatering offers, wash it down with beverages perfect for the evening:

- Bucket of 5 beers (Red Horse, Michelob, Bud Light, Budweiser)-$25
- Pitcher of draft beer-$20
- Special cocktails, 1898 and Katipunero-$12 each

Stay tuned for the next theme of Mari Bar's Street Market Thursdays on our social media pages and on our newest free app called the Terrace Club Saipan available on iOS and Android. We look forward to seeing you for another evening of good vibes, and even better food and drinks.

CROWNE PLAZA

The Mabuhay Street Market Part 2 will again have BBQ Skewers aplenty.

To make a reservation, call (670) 234-6412 or email restaurants.cprsaipan@ihg.com. Stop by Mari Bar at Crowne Plaza Resort Saipan for the last night of our Mabuhay Street Market Par 2, Aug. 22 from 5pm to 9:30pm.

Follow Crowne Plaza Resort Saipan for the latest updates on our social media accounts @ crowneplazaresortsaipan and @theterraceclubsaipan.

Crowne Plaza Resort Saipan is a 422-room hotel located in Garapan. Guests will be greeted by the resort's lush tropical gardens and panoramic view of Micro Beach, with Crowne Plaza's warm and friendly hospitality ensuring a seamless arrival. ***(PR)***

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World

Blinken: Israel OKs plan to break cease-fire impasse

TEL AVIV, Israel (AP)—U.S. Secretary of State Antony Blinken said Monday that Israel has accepted a proposal to bridge differences holding up a cease-fire and hostage release in Gaza, and he called on Hamas to do the same, without saying whether concerns cited by the militant group had been addressed.

The high-stakes negotiations have gained urgency in recent days as diplomats hope an agreement will deter Iran and Lebanon's Hezbollah from avenging the targeted killings of two top militants that were blamed on Israel. The escalating tensions have raised fears of an even more destructive regional war.

Blinken spoke after holding a 2 1/2 hour meeting with Israeli Prime Minister Benjamin Netanyahu earlier in the day, and will travel to Egypt and Qatar for further negotiations. The three mediators have spent months trying to end the war in Gaza, with two strategic corridors inside

» Urges Hamas to do the same

the talks repeatedly stalling.

"In a very constructive meeting with Prime Minister Netanyahu today, he confirmed to me that Israel supports the bridging proposal," Blinken told reporters, without saying what the proposal entails. "The next important step is for Hamas to say 'yes.'"

He added, however, that even if Hamas accepts the proposal, negotiators will spend the coming days working on "clear understandings on implementing the agreement." He said there are still "complex issues" requiring "hard decisions by the leaders," without offering specifics.

Hamas has said it is losing faith in the U.S. as a mediator, accusing American negotiators of siding with Israel as it makes new demands that the militant group rejects. Blinken did not say whether the proposal addressed Israel's demand for control over Gaza—which Hamas has said is a nonstarter—or other issues that have long bedeviled the negotiations.

Netanyahu said that he had a "good and important meeting" with Blinken and appreciated the "understanding that the United States has shown to our vital security interests, along with our shared efforts to release our hostages." He added that efforts are being made to release the maximum number of hostages in the first stage of a the cease-fire deal.

Blinken's ninth mission to the Middle East since the conflict began came days after mediators, including the United States, expressed renewed optimism that a deal was near. But Hamas has expressed deep dissatisfaction with the latest proposal, and Israel has said there were points on which it was unwilling to compromise.

Earlier on Monday, Blinken said it was a "decisive moment," and "maybe the last" opportunity to free the hostages and secure a cease-fire.

Civilians flee Pokrovsk as Russia's army bears down on key eastern Ukraine city

POKROVSK, Ukraine (AP)—Civilians with small children in their arms and lugging heavy suitcases fled Monday from Ukraine's eastern city of Pokrovsk, where the Russian army was bearing down fast despite a lightning Ukrainian incursion into Russia's Kursk region.

Local authorities said Russian forces were advancing so quickly that families were under orders to leave the city and other nearby towns and villages starting Tuesday. Around 53,000 people still live in Pokrovsk, officials said, and some of them decided to get out immediately.

People of all ages boarded trains and buses with the belongings they could carry. Some wept as they waited to depart. Soldiers helped the elderly with their bags, and volunteers helped people with disabilities. Rail workers wore bulletproof vests.

Natalya Ivaniuk said the noise of explosions from Russian bombardments filled the air while she and her daughters, age 7 and 9, fled their home in the nearby village of Myrnohrad, which is less than 10 kilometers (6 miles) from the front line.

"It was terrifyingly scary," she told The Associated Press. "We barely got out."

Pokrovsk is one of Ukraine's main defensive strongholds and a key logistics hub in the Donetsk region. Its capture would compromise Ukraine's defensive abilities and supply routes and would bring Russia closer to its stated aim of capturing the entire Donetsk region.

One of Kyiv's attempts to ease the pressure on its eastern front was the unexpected Aug. 6 incursion into Russia's Kursk region, which among other goals aimed to unnerve the Kremlin and compel it to split its military resources.

Ukrainian President Volodymyr Zelenskyy said Sunday the daring incursion is trying to create a buffer zone that might prevent further attacks by Moscow across the border, especially with long-range artillery, missiles and glide bombs.

In a social media statement, Zelenskyy said Monday evening that Ukraine currently controlled 1,250 square kilometers (about 480 square miles) and 92 settlements inside the Kursk region.

Life & Style

Phil Donahue left a lasting imprint

LOS ANGELES (AP)—For nearly two decades, Phil Donahue was virtually the only TV talk show host to roam his audience with microphone and make them an essential part of his show.

His huge cultural influence—especially with the women who tended to watch television during the day in his era—finally led to a flock of cultural imitators in the 1980s, including one who would eventually knock him off his perch.

"For a long time I wondered why it took so long for someone to copy us," Donahue told the Archive of American Television in 2001. "Then along came Oprah Winfrey. It is not possible to overstate the enormity of her impact on the daytime television game."

Donahue died Sunday at age 88 after a long illness.

"I lost my sweetheart last night," Donahue's wife, the actor Marlo Thomas, wrote on Instagram Monday, saying she would be stepping away from social media "to take care of myself and the many people who took care of Phil, and held him close to their hearts."

Winfrey, among those paying him tribute after his death, was always first to acknowledge his importance.

"There wouldn't have been an Oprah Show without Phil Donahue being the first to prove that daytime talk and women watching should be taken seriously," she posted on Instagram on Monday along with a photo of the two embracing. "He was a pioneer. I'm glad I got to thank him for it. Rest in peace Phil."

By the time "Donahue" went off the air in 1996 after 29 years, nearly 7,000 episodes and 20 Emmy Awards, the daytime television landscape was littered with lookalikes.

AP

Phil Donahue hosts his television show in New York on Jan. 27, 1993. Donahue, whose pioneering daytime talk show launched an indelible television genre, has died.

Winfrey, based in Chicago like Donahue, premiered in 1985 and overtook him for good in the ratings starting in the 1986-87 season, though Donahue often pointed out that she "raised all boats," lifting his ratings even while passing him.

Later the floodgates truly opened to imitators, most of them far trashier, including "The Jerry Springer Show" "Geraldo" and "Jenny Jones."

It was enough to make Donahue feel like he no longer belonged.

"The daytime arena changed, the ground moved under my feet," Donahue told The Associated Press in 2002, "and I was glad to leave."

Both before-and-after Oprah, the prematurely gray and always animated Donahue (Phil Hartman sent up his dramatic body language in a recurring "Saturday Night Live" impression,) wielded enormous clout, making daytime at once more serious, more newsy and more salacious as he emerged in the late 1960s amid a sea of game shows, soap operas, and more frivolous talk shows.

He demonstrated that daytime viewers, long before cable news, cared about world leaders, cultural figures and the debates of the day. He gave many Americans their first real exposure to issues like sexual harassment and abuse, gay marriage and AIDS.

"We're very, very proud of the way in which our program has reflected our culture since 1967," Donahue said at the taping of his final show in 1996. "In 1967, we never thought we would lose a war. In 1967, AIDS was a verb, or a plural noun. In 1967, you could harass your secretary and there was nothing she could do about it."

When "The Phil Donahue Show" debuted on WLWD-TV in Dayton, Ohio, it was not supposed to have an audience at all, but a crowd appeared expecting to see the variety show he was replacing, and producers decided to let them stay. During commercials, he opened the floor up to questions for his first guest, the atheist activist Madalyn Murray O'Hair, and soon decided the audience's questions were better than his.

"Sometime during that first week, I jumped off my chair and ran into the audience," he told The AP in 1996.

The program moved to Chicago in 1974, shortened its name to "Donahue" and was syndicated across the United States.

He took chances and welcomed controversy. He aired a birth in his first week. He televised an abortion in a later episode. He hosted a show on sexual abuse and Catholic priests decades before the topic rocked the church worldwide. He broadcast one episode from inside New York's Attica State Prison, and later fought in court to air an execution, but was denied by the U.S. Supreme Court.

Memorable "Donahue" guests included feminist activist Gloria Steinem, leftist provocateur Jerry Ruben of the Chicago Seven, Muhammad Ali and Ryan White, the boy who contracted AIDS at age 13 in 1984 and became one of the faces of the disease due in large part to his appearances on "Donahue."

The shows weren't always highbrow, though. He had episodes devoted to male strippers and female wrestlers when both were rare.

Phillip John Donahue was born on Dec. 21, 1935 in Cleveland, the son of an Irish Catholic furniture seller who said he had a Norman Rockwell youth of front lawns, baseball and church dances.

Harvey Weinstein will remain locked up in NY while awaiting rape retrial

NEW YORK (AP)—Harvey Weinstein will remain in custody in New York while awaiting retrial on rape and sexual assault charges in Manhattan, prosecutors confirmed Monday as the former movie mogul made a brief court appearance related to California's request to extradite him there.

But after the New York case is complete, he will return to California to serve his pending 16-year sentence for a separate rape conviction there first, Queens District Attorney Melinda Katz said in a statement.

"Today, defendant Harvey Weinstein was formally arraigned on a governor's warrant issued by Governor Kathy Hochul, who exercised her authority for him to remain in New York State until his case in New York County is adjudicated," Katz said. "He will serve the California sentence first, as it is now his primary sentence."

Weinstein, who has denied that he raped or sexually assaulted anyone, was convicted in Los Angeles in 2022 while already serving a 23-year sentence in New York. His 2020 conviction in Manhattan was was thrown out this spring by the state's top court, which ruled that the judge in the original trial unfairly allowed testimony against Weinstein based on allegations that weren't part of the case.

The retrial in Manhattan is tentatively scheduled for November.

The 72-year-old Weinstein, with one hand cuffed to his wheelchair and another grasping a book and a magazine, appeared in Queens criminal court for less than five minutes Monday as his lawyers agreed that he will remain at the nearby Rikers Island jail complex. Weinstein has returned there after being hospitalized last month for health problems including COVID-19 and pneumonia in both lungs.

The extradition matter has been taking place in Queens, rather than Manhattan, court due to its proximity to Rikers Island.

Prosecutors in Manhattan said last month that they aim to bring new sexual assault charges against Weinstein but haven't given more details, nor a timeline for bringing the potential new charges.

Weinstein lawyer Arthur Aidala suggested at the time that prosecutors' talk of new accusers raised questions about the strength of their current case.

Snooping boyfriend unhappy about what he's discovered

DEAR ABBY: I'm a single man, and have been for 15 years. A year ago, I met a guy, "Josh," and we fell in love. He lived 240 miles away. A month ago, he transferred his job to my city and moved in with me. (I supported this 100%.) I had sown my wild oats long before he moved in.

Everything was going great until recently. Josh logged into my computer and saw all my emails and text messages, some of which were as recent as a week ago. I have been updating old flings that I'm no longer on the market, but in one particular text, I didn't give such information. Instead, I simply didn't respond.

Later that day, Josh confronted me and began to cry. He said I hurt him, and he doesn't know how to trust me again. Abby, I love Josh with all my heart, and I'm trying to weed out old "flings" as they come in, but as I mentioned, I've been single for 15 years and it will take time.

Since this happened, I have deleted a lot of text messages and updated my social media to "in a relationship," but I'm still unsure how Josh feels. Was he right to go through my emails and text messages? I have since changed my password, but I need advice. What should I do or say to him to make him feel confident in our relationship? I don't want to lose him.

FORMER BACHELOR IN TEXAS

DEAR FORMER BACHELOR: The questions I have to ask you are: Why did Josh go into your computer, and why did he feel it was necessary to snoop through your texts and emails? How much do you know about his personal history, and did he have trust issues that started before you met? Tell Josh you would like the two of you to get couples counseling from a LGBTQ community center, if he will agree. If he does, it may save your relationship.

■■■

DEAR ABBY: My sister and I have been estranged for eight years. She had an "unusual" relationship with my ex-husband, meaning they moved in together three days after I left him. My entire family insists there's nothing between them. She blames me, and even though I have reached out, she has never responded. She tells people all kinds of awful things about me and blames me for not knowing her girls. How can I know them if I can't see them or meet them? I send gifts in the mail, but I'm somehow the "monster"? Help, please.

HURT IN MARYLAND

DEAR HURT: You wouldn't have left your husband if the marriage had been hunky-dory. That your sister took him in with no romantic involvement is suspicious. (Does your family also believe in the tooth fairy?) Surely your ex or your sister would have liked a romantic relationship with someone, if not each other.

Of this, I am certain: You cannot control what someone says about you. But you CAN control how you react. Stop listening to gossip your sister spreads, and be suspicious of anyone who insists on telling you about it. Do not expect to have a relationship with her or her daughters, because it isn't likely to happen. Just put one foot in front of the other, go on with your life and spend as little time as possible looking backward.

■■■

For everything you need to know about wedding planning, order "How to Have a Lovely Wedding." Send your name and mailing address, plus check or money order for $8 (U.S. funds) to: Dear Abby, Wedding Booklet, P.O. Box 447, Mount Morris, IL 61054-0447. (Shipping and handling are included in the price.)

DEAR ABBY

BY ABIGAIL VAN BUREN

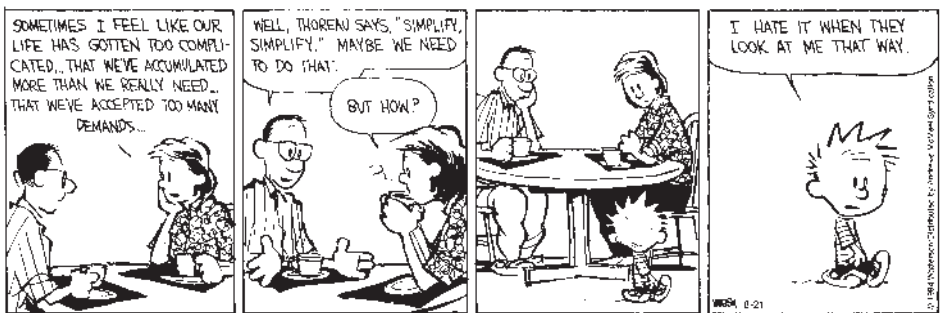
UNIVERSAL PRESS SYNDICATE

Dear Abby is written by Abigail Van Buren, also known as Jeanne Phillips, and was founded by her mother, Pauline Phillips. Contact Dear Abby at www.DearAbby.com or P.O. Box 69440, Los Angeles, CA 90069.

Pastimes

Calvin and Hobbes

By Bill Waterson

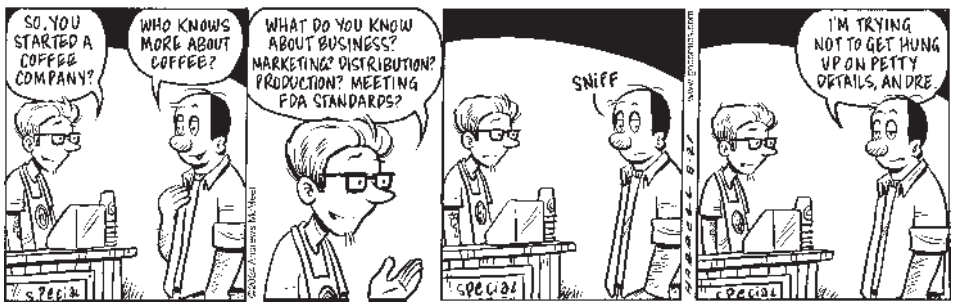

SOMETIMES I FEEL LIKE OUR LIFE HAS GOTTEN TOO COMPLICATED... THAT WE'VE ACCUMULATED MORE THAN WE REALLY NEED... THAT WE'VE ACCEPTED TOO MANY DEMANDS...
WELL, THOREAU SAYS, "SIMPLIFY, SIMPLIFY." MAYBE WE NEED TO DO THAT.
BUT HOW?
I HATE IT WHEN THEY LOOK AT ME THAT WAY.

Garfield®

By Jim Davis

Adam@home

By Bryan Basset


SO, YOU STARTED A COFFEE COMPANY?
WHO KNOWS MORE ABOUT COFFEE?
WHAT DO YOU KNOW ABOUT BUSINESS? MARKETING? DISTRIBUTION? PRODUCTION? MEETING FDA STANDARDS?
SNIFF
I'M TRYING NOT TO GET HUNG UP ON PETTY DETAILS, ANDRE.

The Duplex

By Glenn McCoy

RING
WE JUST WANTED TO LET YOU KNOW WE'RE HAVING A GREAT TIME HERE IN CANCUN! WISH YOU WERE HERE! (ANOTHER ROUND!)
I WISH MY FLEAS WOULD STOP CALLING FROM THE HOTEL BAR!

CROSSWORD

By Eugene Sheffer

ACROSS
1 Arizona tribe
5 Hosp. areas
8 TiVo forerunners
12 Portent
13 Wager
14 Panache
15 Consecrate
17 Long tale
18 Boredom
19 Devours
21 Peregrinate
24 Used to be
25 Porgy's love
28 Hindu hero
30 Here, to Henri
33 In the past
34 Dangerous eel
35 Corpulent
36 MSN alternative
37 Cameo stone
38 Ballyhoo
39 — Jima
41 iPhone voice
43 Family cars
46 Egypt's Sadat
50 Bone-dry
51 Neaten
54 Biography
55 Luau instrument
56 Ranch measure
57 Lock openers
58 Mafia boss
59 Boxing stats

DOWN
1 Garden gusher
2 Muscat's land
3 Ivy League team
4 Acquires, as debts
5 Kimono sash
6 Game official
7 Ocular woe
8 Goddess of the hearth
9 Categorize
10 Pasta sauce brand
11 Cinch
16 Uncle (Sp.)
20 Vacationing
22 "East of Eden" twin
23 "The Bells of St. —"
25 Sheep call
26 Conceit
27 Freeze
29 Extra-long
31 Tube top
32 Mineral suffix
34 Jupiter orbiter
38 Suggest
40 Walks in water
42 Scoundrel
43 Polio vaccine discoverer
44 Canal of song
45 Tater
47 Candle part
48 Roundish do
49 Deli loaves
52 MGM rival
53 Poetic dusk

Solution time: 23 mins.

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S	I	E	N	I		V	A	I	L			
C	O	D	Y		T	I	M	F	I	A	G	S
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T	E	R	E	S	A		A	A	A			
E	L	I	A		D	I	S	H	R	A	C	S
L	L	L	S		D	N	A		L	O	O	I
D	E	L	E		Y	A	P		S	L	O	P

Yesterday's answer 8-21

1	2	3	4	■	5	6	7	■	8	9	10	11
12				■	13			■	14			
15				16				■	17			
18					■	■	19	20				
■	■	■	21		22	23	■	24			■	■
25	26	27		■	28		29		■	30	31	32
33			■	34					■	35		
36			■	37				■	38			
■	■	39	40		■	41		42		■	■	■
43	44				45	■	■	46		47	48	49
50				■	51	52	53					
54					55			■	56			
57				■	58			■	59			

STUMPED? For answers to today's crossword, call **1-900-226-5955!** 99¢ per minute, touch-tone/rotary phones. (18+ only.) A King Features service, NYC.

CELEBRITIES BORN ON THIS DAY: Hayden Panettiere, 35; Usain Bolt, 38; Carrie-Anne Moss, 57; Kim Cattrall, 68.

Happy Birthday: Participate, get educated and consider the possibilities. Slow down and refuse to feel pressured by what others choose to do. Focus on work ethics, positive change and using what you already have working for you to improve your lifestyle, friendships and prospects. Take a wait-and-see attitude to persuasive organizations or people trying to exploit you. Replace your spending habits with a solid savings plan. Your numbers are 4, 12, 24, 28, 31, 42, 47.

ARIES *(March 21-April 19):* Make undercover changes to avoid interference. Keeping your life simple and free from those who tend to overreact or try to take control will help you get what you want without penalties or loss. Don't let the changes happening around you cause you to make a premature move. ✪✪✪

TAURUS *(April 20-May 20):* Listen to your intuition and verify your feelings. Be polite, but ask direct questions. You cannot afford to let anyone take advantage of you or mislead you into thinking everything is OK when it's not. Downplay the notion that spending will help you win acceptance or favors. ✪✪✪

GEMINI *(May 21-June 20):* Change may be in the stars, but you'll have more than one choice, and not all will be equal. Ask for expert advice when in doubt, but only move if it's worthwhile. With increasing opportunities heading your way, you have more time than you realize. ✪✪✪✪

CANCER *(June 21-July 22):* Someone authoritative will take note if you let your imagination take over. The more creative you are, the easier it will be to access people, information and prospects to help you achieve your dreams, hopes and wishes. Live in the moment and do things your way. ✪✪✪✪✪

LEO *(July 23-Aug. 22):* Don't buy into something you know little about. Rather than following the crowd or taking on unnecessary burdens, rely on intelligence and common sense. Look at the big picture and avoid risky ventures or events. Choose to let the dust settle. ✪✪✪

VIRGO *(Aug. 23-Sept. 22):* Focus on your mental, physical and emotional well-being. Take action to release energy by engaging in activities, meditation or projects that bring you peace and help you be grateful for what you have instead of laboring over what you don't have. Attitude is a choice. ✪✪✪

LIBRA *(Sept. 23-Oct. 22):* Enjoy your surroundings, whether walking in your neighborhood or taking a trip to an unfamiliar place. Expose yourself to something new that prompts you to learn or to change your life path. Reach out to those who share your enthusiasm and interests. ✪✪✪

SCORPIO *(Oct. 23-Nov. 21):* You may not relish change, but you must indulge. The effects of trying something new will boost your curiosity and encourage you to take your skills, experience and desires to a new level. Unleash your talents and venture down a road that leads to new beginnings. ✪✪✪✪

SAGITTARIUS *(Nov. 22-Dec. 21):* Take the time to listen before you reveal your thoughts and feelings. Knowing what others want or need will help you phrase your words to accommodate the situation and encourage the best results. Arguing is a waste of time; incentives will help you get your way. ✪✪✪

EUGENIA LAST

THE LAST WORD IN ASTROLOGY

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CAPRICORN *(Dec. 22-Jan. 19):* A lifestyle change geared toward health and fitness will be challenging but uplifting if you follow through. Nothing worth doing is easy, but the hard work you put in and the benefits you receive will lead to unusual and exciting connections, pastimes and rewards. Romance is favored. ✪✪✪✪

AQUARIUS *(Jan. 20-Feb. 18):* An opportunity to make your space functional will result in an enthusiastic approach to chores and responsibilities. Combine something you love to do with someone you enjoy being around, and it will give you a better idea of what you want to achieve. Follow your heart. ✪✪✪

PISCES *(Feb. 19-March 20):* Stick to the facts, or someone will question your validity. Gaining support will require sincerity, proof and trust. Being disciplined and having a good work ethic will set an example and ensure you attract helpers who believe in and want to be a part of your plan. ✪✪✪

Birthday Baby: You are engaging, informative and outgoing. You are unpredictable and steadfast.

✪: Avoid conflicts; work behind the scenes. ✪✪: You can accomplish, but don't rely on others. ✪✪✪: Focus and you'll reach your goals. ✪✪✪✪: Aim high; start new projects. ✪✪✪✪✪: Nothing can stop you; go for gold.

SUDOKU

Conceptis Sudoku *By Dave Green*

4								
6	7					8		
		2	6		1	4	3	
				8			7	
			2		3			
9				1				8
			8	2	6		1	
		9				7		
	1	4		7		3	8	

Difficulty: ★★★ 8/21

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Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once. The difficulty level of the Conceptis Sudoku increases from Monday to Saturday.

Yesterday's Answer

7	9	2	3	6	8	4	5	1
3	1	5	9	7	4	6	8	2
4	6	8	2	1	5	7	3	9
2	5	4	6	3	9	8	1	7
9	3	7	8	2	1	5	4	6
6	8	1	5	4	7	2	9	3
5	7	3	4	9	6	1	2	8
8	2	6	1	5	3	9	7	4
1	4	9	7	8	2	3	6	5

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Difficulty: ★★ 8/20

WONDERWORD

By DAVID OUELLET

HOW TO PLAY: All the words listed below appear in the puzzle — horizontally, vertically, diagonally and even backward. Find them, circle each letter of the word and strike it off the list. The leftover letters spell the **WONDERWORD.**

DONALD SUTHERLAND (1935-2024) **Solution: 9 letters**

B	I	W	N	I	A	T	N	U	O	M	D	L	O	C
A	O	R	E	A	V	E	N	G	E	R	S	K	C	I
D	M	J	I	I	W	I	N	T	E	R	E	A	S	T
A	D	A	N	V	V	I	R	U	S	L	N	S	U	I
S	L	E	R	A	O	Y	D	A	L	A	I	R	G	Z
T	O	A	N	D	I	R	T	Y	D	O	Z	E	N	E
R	H	Q	N	I	M	L	S	Ⓘ	L	P	H	K	A	N
A	S	U	A	T	C	H	A	L	Ⓒ	G	E	C	A	X
T	E	I	T	O	N	N	E	T	K	Ⓔ	R	A	N	Y
S	R	L	W	E	I	H	A	T	I	O	O	R	N	E
Y	H	A	M	C	C	S	L	R	E	R	E	C	A	L
P	T	W	O	A	H	A	O	U	F	I	S	S	O	R
S	A	N	R	A	O	M	N	S	E	M	A	G	J	I
L	I	E	T	U	L	K	E	T	R	E	G	N	U	H
C	I	N	A	P	R	N	H	O	J	T	N	I	A	S

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Ad Astra, Alone, Angus, Aquila, Avengers, Canadian, Citizen X, Cold Mountain, Crackers, Dirty Dozen, Drama, Francine, Games, Heroes, Hunger, Ice, Iconic, Italian Job, Joanna, Kelly's, Kiefer, Klute, Lady, Lawmen, Lois, M*A*S*H, McNichol, Oviri, Panic, Rachel, Roeg, Rossif, Saint John, Shirley, S*P*Y*S, Star, Threshold, Trust, Undoing, View, Virus, Winter

Yesterday's Answer: Charred

For **WONDERWORD** apps, books & more, visit Wonderword.com, or call 1-855-232-2367.

Del Castillo continues torrid start with grand slam, 6 RBIs as D'backs beat Marlins

MIAMI (AP)—Rookie Adrian Del Castillo hit his first career grand slam and drove in six runs to help the Arizona Diamondbacks beat the Miami Marlins 9-6 on Monday night.

The Miami native homered for the third time since he was brought up from the minors on Aug. 6. Del Castillo, who played collegiately at the University of Miami, also hit a two-run single and had his first career stolen base. He is hitting .333 with 14 RBIs in nine games with Arizona.

"Just trying to keep having fun with these guys and have to keep winning for sure," Del Castillo said.

According to STATS, Del Castillo is the third major league catcher to record at least six RBIs and a stolen base in a single game, joining Jerry Grote in 1981 and Johnny Bench in 1974.

Joc Pederson and Jake McCarthy also went deep for the Diamondbacks, who are a major league-best 29-13 since July 1 despite getting swept in a three-game series at Tampa Bay over the weekend.

Arizona starter Brandon Pfaadt allowed four runs and nine hits in 5 1/3 innings. Pfaadt (8-6) struck out four and walked two.

"Our stuff wasn't as sharp as we expected," Pfaadt said. "We got through it and got the team win. That's all you can really ask for."

On the second pitch of his at-bat against Adam Oller in the third inning, Del Castillo hit a drive that curved foul near the upper-deck stands in right field. Del Castillo then drove a 3-1 fastball over the wall in center for a 4-0 lead.

"That's usually not a good thing—home run foul—they say strikeout comes after that," Del Castillo said. "Definitely was not trying to strike out there. Just adjust my sights and thinking bigger part of the field on the next pitches."

The Diamondbacks loaded the bases without a hit after Oller (0-1) plunked McCarthy and Lourdes Gurriel Jr. and walked Pavin Smith.

Del Castillo said he lost count of the amount of his family and friends in attendance, but there was a noticeable ovation after his drive.

"He had an army of people here supporting him," Diamondbacks manager Torey Lovullo said. "We were with him in celebration. We needed every bit of his offensive support tonight."

Nick Fortes homered in the third for Miami, but Pederson connected for a solo drive in the fifth for his 20th homer.

AP

Arizona Diamondbacks' Adrian Del Castillo watches after hitting a grand slam off Miami Marlins starting pitcher Adam Oller during the third inning of a baseball game, Monday, Aug. 19, 2024, in Miami.

The Marlins chased Pfaadt on Connor Norby's RBI fielder's choice and Kyle Stowers' run-scoring single that narrowed the deficit to 5-4. Kevin Ginkel relieved Pfaadt and induced a double-play grounder by Fortes, ending the threat.

Del Castillo singled home two more runs for Arizona in the seventh, and McCarthy added a two-run shot in the eighth.

"We're about creating traffic, giving ourselves opportunities and having the right people in the right spot coming up and slug," Lovullo said.

Oller gave up five runs and three hits in 4 2/3 innings. The 29-year-old Oller walked four, hit two batters and struck out two in his Marlins debut.

"Oller has good stuff, good breaking ball," Marlins manager Skip Schumaker said. "They only got three hits off him. But when you give up six free passes, that will cost you at the big league level."

Before the game, Arizona placed All-Star second baseman Ketel Marte on the 10-day injured list because of a sprained left ankle and recalled Smith from Triple-A Reno.

Miami recalled Norby from Triple-A Jacksonville and designated infielder Emmanuel Rivera for assignment.

REDS 6, BLUE JAYS 3

TORONTO (AP)—Spencer Steer hit a tiebreaking RBI double in Cincinnati's four-run sixth inning, and the Reds beat the Toronto Blue Jays 6-3 on Monday night to stop a three-game slide.

TJ Friedl hit his 10th homer and finished with three hits for Cincinnati in the opener of a seven-game trip. Ty France had two hits and two RBIs.

The Reds were swept at home by Kansas City over the weekend.

"Getting swept, it's never fun, but you move on," Friedl said. "That's what this team does well. You can't dwell on the past."

Vladimir Guerrero Jr. hit his 26th homer for Toronto, and Ernie Clement also went deep. Kevin Gausman (11-9) permitted four runs, three earned, and five hits in five-plus innings in his first loss since July 5.

Blue Jays manager John Schneider said Gausman deserved a better fate.

"Some close misses around the zone," Schneider said. "They fouled off, it seemed, like half of his pitches."

The last-place Blue Jays lost for the third time in four games.

Tyler Stephenson started Cincinnati's sixth-inning rally when he reached on a passed ball by Alejandro Kirk on strike three. Friedl then singled, chasing Gausman.

Ryan Burr came on and surrendered Steer's tiebreaking double. Jeimer Candelario struck out, but France hit a two-run double and scored on Jake Fraley's double. All three doubles off Burr were hit to right-center.

METS 4, ORIOLES 3

NEW YORK (AP)—Francisco Alvarez hit a solo home run with one out in the ninth inning to give the New York Mets a victory over Baltimore.

J.D. Martinez launched an early two-run shot and Tyrone Taylor had an RBI single as the Mets moved within 1 1/2 games of idle Atlanta for last the National League wild card.

Ramón Urías hit a tying homer in the seventh for the Orioles, who dropped a half-game behind the New York Yankees for first place in the AL East.

The slumping Alvarez, who began the night batting .167 since the All-Star break, drove a 3-0 fastball from Seranthony Domínguez (3-3) to left-center for his first career game-ending RBI.

ROYALS 5, ANGELS 3

KANSAS CITY, Mo. (AP)—Paul DeJong hit a two-run homer, Seth Lugo once again looked like the pitcher whose brilliant first half made him an All-Star, and Kansas City beat the Los Angeles Angels to extend their winning streak to five games.

Lugo (14-7), who had been just 2-3 with 5.23 ERA since the All-Star break, allowed four hits and three walks over seven innings while striking out eight. That moved him into a tie with the Braves' Chris Sale and the Tigers' Tarik Skubal for the big league lead in wins.

Salvador Perez added two hits and three RBIs for the Royals, who have outscored their opponents 37-7 during their winning streak. Kansas City never trailed in any of those games against the AL Central-rival Twins, Reds and Angels.

RANGERS 4, PIRATES 3

ARLINGTON, Texas (AP)—Corey Seager homered twice and drove in four runs, and Texas beat Pittsburgh.

Seager's nine homers in August are tied for the major league lead with Miami's Jake Burger. He also went deep twice on Aug. 2 against Boston.

Texas finished with five hits.

Rangers right-hander José Ureña (4-8) pitched four scoreless innings in relief of Dane Dunning. Ureña struck out three and walked two.

Kirby Yates worked a perfect ninth for his 22nd save after having his first blown save of the season on Sunday.

ASTROS 5, RED SOX 4

HOUSTON (AP)—Yainer Diaz's tiebreaking solo homer with one out in the ninth inning lifted Houston to a win over the Boston.

The Astros tied it on an RBI single by Mauricio Dubón in the eighth inning. Red Sox closer Kenley Jansen (3-2) struck out Yordan Alvarez on three pitches in the ninth before Diaz, who also homered Sunday, sent the next pitch deep to left-center field to give Houston its 11th victory in 12 games.

Josh Hader (6-6) pitched a scoreless ninth for the win.

PADRES 5, TWINS 3

SAN DIEGO (AP)—Jackson Merrill hit a three-run double, Michael King pitched six effective innings and San Diego beat Minnesota in an interleague matchup of playoff contenders.

San Diego (71-55) bounced back nicely after dropping two of three at Colorado over the weekend. The Padres are 21-5 since July 20.

Minnesota (70-55) had won five of seven going into the three-game set. The Twins did not hit a home run on Monday, ending their streak of eight consecutive games with a homer since Aug. 11.

GIANTS 5, WHITE SOX 3

SAN FRANCISCO (AP)—Matt Chapman hit his 20th home run, Kyle Harrison pitched six strong innings and San Francisco beat the Chicago White Sox.

Harrison (7-5) allowed one run and five hits, striking out five and walking two as the Giants limited their opponent to three runs or fewer for the fifth straight game.

San Francisco (64-63) moved within 3 1/2 games of the idle Atlanta Braves for the final NL wild-card spot.

The White Sox (30-96) lost for the 29th time in their last 32 games.

DODGERS 3, MARINERS 0

LOS ANGELES (AP)—Gavin Stone struck out a career-high 10 over seven innings, Gavin Lux and Max Muncy homered in the seventh, and the Los Angeles Dodgers beat Seattle.

The Dodgers have won seven in a row overall and eight straight at home against the Mariners since 2015.

Stone (11-5), a 25-year-old right-hander, recorded eight strikeouts through four innings. He allowed singles to Julio Rodriguez and former Dodger Justin Turner, who returned to Dodger Stadium for the first time since his memorable nine-year run with the team ended in 2022.

Evan Phillips retired the side in the ninth to earn his 16th save.

ATHLETICS 3, RAYS 0

OAKLAND, Calif. (AP)—JJ Bleday hit a two-run homer, Joe Boyle pitched six effective innings and the Oakland beat the Tampa Bay.

Bleday got his 16th home run in the first inning and Lawrence Butler added a sacrifice fly in the fifth to account for all of the offense.

Boyle (3-5) limited the Rays to just two hits and three walks while striking out six. Grant Holman, Tyler Ferguson and Mason Miller each followed with hitless innings while combining for five more strikeouts, with Miller getting his 19th save.

NFL says moving touchback on kickoffs to 35 is 'not likely' this season

By JOSH DUBOW
AP Pro Football Writer

The NFL's new dynamic kickoff is achieving its goals in the preseason of raising the rate of return and the threat of big plays after years of increasing touchbacks.

Whether that will carry over to the regular season, when coaches might be more concerned with avoiding risk than testing out the new rule, remains an open question.

The average starting position through the second full weekend of exhibition games is the 28.3-yard line, according to the NFL, up 4.4 yards from this point last season.

That has already sparked some talk that teams might just opt to kick it deep through the end zone once the regular season starts, trading the starting spot after touchbacks at the 30 for lessening the risk of giving up a long return.

The NFL doesn't anticipate moving the touchback spot to the 35—the original spot proposed by the competition committee — from the 30 that owners approved on a one-year trial basis in March.

"It would be not likely," Dawn Aponte, the NFL's chief football administrative officer, said Monday. "The way that we passed this and discussed it with the competition committee as well as membership at large was really about continuing to evaluate. It is a one-year rule change, so we anticipate to evaluate this throughout the season."

There have been some minor tweaks added this summer as officials and teams talk about the rule, including allowing the kicking team to have a 12th person on the field as a holder if the ball falls off the tee twice. That player would be required to leave the field immediately after the kick.

AP

New Orleans Saints place kicker Charlie Smyth (39) watches his kickoff during the first half of a preseason NFL football game against the San Francisco 49ers in Santa Clara, Calif., Sunday, Aug. 18, 2024.

Aponte said there could be some other adjustments made before the season but doesn't anticipate any changes once the season kicks off on Sept. 5.

"I think our objective is always to have the rule in place as we head into the season," she said. "I never say never. There's people above my pay grade that get to decide that. But that's the objective."

NFL executive Jeff Miller said 78% of kicks have been returned this preseason, up from 63% at this point a year ago. There have been 11 returns past the 40-yard line—nearly double last year's rate.

The league approved the changes after kickoff return rates fell to an all-time low of 22% last season and all 13 kicks in the Super Bowl went for touchbacks. Kickoffs had been a dangerous play with the concussion rate about four times that of a scrimmage play and the overall injury rate about double, according to Miller.

The new rule that has at least 19 of the 22 players clustered in a 10-yard range at the start of the kick is expected to reduce the high-speed collisions that caused so many injuries.

Dr. Allen Sills, the NFL's chief medical officer, said it's too early to determine the impact of the new rule on injuries.

New helmets

The NFL is encouraged by the number of players using new helmets that have shown in tests to reduce the rate of concussions. The league now has approved eight position-specific helmets, with Miller estimating that about 200 of the approximately 2,900 players in training camps are using them.

Players using those helmets don't need to wear the soft-shell helmet covers known as Guardian caps in practices, which are required for every position other than kicker, punter and quarterback.

"Change is hard," Sills said. "We all get accustomed to things that we like, but I think that the players have a lot of confidence in the testing that the league and the union do together on these helmets, and the fact that they've been willing to explore these new models is reflective of that."

The NFL estimated a 50% reduction in concussions among position groups using the Guardian caps the last two preseasons but Miller said the new helmets are as good or better than a Guardian cap on top of an older-style helmet.

Players can now wear Guardian caps in games and there were six players who did it in the first weekend of preseason games and five this past weekend.

Lower-body injuries

The NFL has tweaked training camp rules in recent years out of hope of reducing the lower-body injuries that often plague teams.

The league has instituted a ramp-up start to training camp to ease players into the work. Sills said there was a 29% decrease in missed time for lower-extremity strains during the 2023 training camps compared to 2021. There was also a 50% drop in training camp strains recurring in the regular season.

It's too early to have numbers from this year but Sills said it remains a high priority with NFL players missing more time due to hamstring injuries than other ailments.

Capture the Flag

With the 2024 Olympics having just concluded, attention is now on 2028 when flag football will make its Olympic debut at the Los Angeles Games.

That has piqued the interest of several NFL players. Miller said the league and the NFLPA are having talks about players under contract to NFL teams participating. The 2028 Olympics are set to be held from July 14-30 and could bleed into the traditional start of NFL training camps in late July.

"Obviously, the hope would be that players who want to participate in the Olympics and represent their country have that opportunity to do so," Miller said. "No final answer but it is something that we're working on actively."

Buccaneers release Randy Gregory after he failed to report to training camp

TAMPA, Fla. (AP)—The Tampa Bay Buccaneers have released edge rusher Randy Gregory after he failed to report to training camp.

Coach Todd Bowles said Sunday that the team cut Gregory after he had been put on the reserve/did not report list on July 23 for not showing up to camp. Bowles said he never found out why Gregory skipped camp.

"No, I never found out," he said. "I wish him the best. We'll move on from there. You can't miss what you never had."

The 31-year-old Gregory, who's also played for the Dallas Cowboys, Denver Broncos and San Francisco 49ers, signed a one-year, $3 million contract in free agency. However, he did not participate in the Bucs' voluntary offseason program or attend the team's mandatory minicamp this summer.

Gregory filed a lawsuit against the NFL and the Broncos in June claiming discrimination over being fined $532,500 for taking medication containing THC for disabilities during his brief time in Denver.

In the complaint, Gregory said he was prescribed Dronabinol for social anxiety and post-traumatic stress disorders but was denied accommodations to treat those disabilities with that medicine.

The NFL no longer suspends players who test positive for THC, or tetrahydrocannabinol, the chemical responsible for most of marijuana's psychological effects, but it remains among the league's banned substances. Players who test positive are subject to fines.

The Broncos are named in the lawsuit although teams don't have any role in the fining of players who violate the league's drug policies. The NFL and NFLPA's substances of abuse policy is collectively bargained and administered by a jointly appointed third-party medical professional.

Gregory has been fined $532,500 for repeated positive THC tests since March 2023, according to the complaint. The lawsuit contends the league's and club's resistance to providing Gregory accommodations due to his disabilities is discriminatory under Colorado law.

Gregory was a second-round draft pick of the Cowboys in 2015. He played five seasons with Dallas, where he was suspended numerous times for violating the NFL's drug policies. He signed with Denver in 2022 but missed most of that season with a knee injury. He split the 2023 season between the Broncos and San Francisco 49ers, who acquired him in a trade in October.

Gregory has appeared in 72 games over seven NFL seasons. In addition to 22 career sacks, he has 27 tackles for loss and 69 quarterback hits.

Tagovailoa says McDaniel built him up after Flores tore him down as young NFL quarterback

MIAMI GARDENS, Fla. (AP)—Tua Tagovailoa left no doubt he likes playing for Mike McDaniel a lot more than he did Brian Flores.

Fresh off signing a four-year contract extension last month, Tagovailoa said he appreciates McDaniel's positive coaching style after dealing with Flores' negativity during his first two seasons in the NFL.

"To put it in simplest terms, if you woke up every morning and I told you you suck at what you did, that you don't belong doing what you do, that you shouldn't be here, that this guy should be here, that you haven't earned this right. ... And then you have somebody else come in and tell you, 'Dude, you are the best fit for us, you are accurate, you are the best.' How would it make you feel listening to one or the other?" Tagovailoa said in an interview that aired Monday on "The Dan LeBatard Show".

Tagovailoa said the criticism beat him down to the point that he began to believe it. He was the No. 5 overall draft pick in 2020 and won the starting job, but he was pulled twice in the fourth quarter of games for Ryan Fitzpatrick.

The following season Tagovailoa's future with the Dolphins was in doubt amid speculation they were seeking a trade for Deshaun Watson.

"I don't care who you are. You can be the president of the United States. You have a terrible person that's telling you things that you don't want to hear or that you probably shouldn't ever hear, you're going to start to believe that about yourself. And so that's sort of like what ended up happening," Tagovailoa said.

The Dolphins fired Flores and replaced him with McDaniel for the 2022 season. Tagovailoa said it has taken two years to train the negative thoughts out of his head. With McDaniel devising schemes to suit Tagovailoa's skills, the Dolphins averaged an NFL-leading 401 yards per game last season. Tagovailoa threw for 29 touchdowns and a league-best 4,624 yards.

Asked about Tagovailoa's comments Monday, McDaniel said, "I am not spending much time patting myself on the back for much. I think there's a lot of players that have grown since I've been here. And that growth is all that I care about."

Flores, now the Minnesota Vikings' defensive coordinator, is scheduled to meet with reporters Tuesday.

Vikings coach Kevin O'Connell said he wouldn't comment on a matter involving another team.

"I can just tell you, I know the players 'Flo' works with, he's got great relationships here. He really has," O'Connell said. "I know you guys have heard a lot of them talk about how much they enjoy playing for him and how much I enjoy working with him every day, and that's all I can really comment on."

FIBA already looking forward to LA 2028, basketball at Clippers' new facility

PARIS (AP)—FIBA secretary general Andreas Zagklis has toured Intuit Dome, the new home of the Los Angeles Clippers and the venue selected as the site for basketball at the 2028 Summer Olympics.

He was impressed. And that's a promising sign for the next Olympics, now that a record-setting Paris Games are in the books.

"Everybody speaks about it in the most complimentary terms," Zagklis said Sunday at his end-of-Olympics news conference before the women's gold-medal game between the U.S. and France. He toured the Intuit Dome site when construction was still underway as part of his duties as a member of the International Olympic Committee's coordination commission for LA 2028.

"This is an arena that has been designed for the fans, for the experience of the fans," Zagklis said. "So, I think, I expect excellent images and top-level experience for our players."

The Clippers start play at Intuit Dome this coming season; the opening game will be announced later this week when the NBA releases the schedule for the 2024-25 season.

The first event at the $2 billion arena is set to take place Thursday—a Bruno Mars concert.

Also of note: The building will have a generic name for the Olympics, because corporate names are almost always not permitted by IOC rules. For example, Accor Arena, the official name of the venue where basketball was played in the Paris neighborhood of Bercy, went by Bercy Arena during the Games.

AP

United States' LeBron James, right dunks as France's Nicolas Batum walks away during a men's gold medal basketball game at Bercy Arena at the 2024 Summer Olympics, Saturday, Aug. 10, 2024, in Paris, France.

AP

Leila Lacan (42), Iliana Rupert, center, and Alexia Chery (6), of France, celebrate during a women's quarterfinal game against Germany at Bercy Arena at the 2024 Summer Olympics, Wednesday, Aug. 7, 2024, in Paris, France.

NBA plan for Europe

NBA Commissioner Adam Silver told The Associated Press earlier this month that the league is ramping up talks with FIBA on how to best increase its competitive footprint in Europe either through an annual tournament or an NBA-operated league.

Zagklis confirmed the talks have been happening, noting that the NBA and FIBA have had a relationship for 35 years now and that it's only been getting stronger.

"It is natural for us to have discussions on a new project on broadening our cooperation in either new continents or other areas of our sport, recognizing that what one does best is commercializing basketball at the very top in the (NBA) and what the other does best—that's us—is developing the sport across 212 countries," Zagklis said. "There are, indeed, continuous discussions."

Silver said the league doesn't have specifics yet, and FIBA doesn't either.

"Our vision is to unite and grow," Zagklis said. "We've been trying very hard in Europe to unite the family and grow the sport."

The NBA first played an exhibition in Europe in 1984 and has been sending teams there regularly for either preseason or regular-season games since 1993. San Antonio—featuring French star Victor Wembanyama — will play Indiana in Paris twice in January, the first time that two NBA teams will play back-to-back regular-season games in Europe against one another.

CARDINALS

From page 16

Cabrera, Nokki Saralu, and Brian Camacho.

But the Braves replied quickly from a run in the first by Joell Borja, then Dre Jones and Keoni Serrano tied the game up in the second, 3-3.

The Cardinals' Nate Guerrero then went on to dominate the rest of the way as he pitched a complete game and held the Braves to just the three runs in nine innings of work. He gave up 10 hits, struck out nine batters, and gave up four base on balls.

Meanwhile, the Cardinals' offense scored five in the eight to break the tie and keep the lead. Eli Aughenbaugh started it off with a single that resulted in a run after another single by Pat Tenorio Jr. K.J. Villagomez then reached base off a Braves' fielding error that allowed Tenorio to score, followed by a breakdown in Braves' pitching as they walked two consecutive batters. They would eventually score and when the dust settled, the Cardinals were up by five, 8-3.

The Braves had the last at-bat, but Guerrero managed to hold them down despite walking two batters. The Braves couldn't capitalize as Guerrero's defense went on to field the balls cleanly and register the maximum three outs before runners could advance home—and the Cardinals clinched the first semis spot of the season.

If it didn't rain last night, the Padres and Blue Jays played with results of that to follow. Tonight's game is the Bandits vs. Sandlot. The winners of those games will face off in the semis on Aug. 27.

RUN

From page 16

include a raffle and an awards ceremony at the banquet. Due to ongoing construction on Beach Road, the race route has been adjusted to ensure a smooth and safe experience for all participants.

How to register

- Visit the official Run Saipan registration page at https://raceroster.com/events/2024/83517/2024-run-saipan-half-marathon
- Select the 5K race option.
- Enter promo code NIAM2024 to receive free registration (available for the first 50 registrants).

About Run Saipan

Run Saipan has become a signature event on the island, bringing together local and international runners for an exciting and scenic race. Over the years, the event has grown to include a variety of races, from the Half Marathon to the popular 5K race, making it accessible to runners of all ages and abilities.

The Run Saipan Half Marathon, which is a part of the Run Saipan event series showcases Saipan's stunning landscapes. Past events have seen a significant turnout, with runners praising the well-organized races and the strong sense of community that defines the event.

Run Saipan also serves as a platform to promote health and fitness in the community, with participants enjoying a sense of camaraderie and accomplishment as they cross the finish line. The event has inspired many to take up running and has fostered a culture of wellness on the island.

About CHCC Immunization Program

The Commonwealth Healthcare Corp. Immunization Program is dedicated to promoting and providing immunization services to protect the health of individuals and the community. This partnership with Run Saipan is part of their ongoing efforts to encourage healthy lifestyles through physical activity and preventive healthcare.

Don't miss out on this exciting opportunity to participate in the Run Saipan Half Marathon and 5K race for free! Register today and join us in celebrating health, wellness, and community spirit. ***(PR)***

SAVEMORE

From page 16

Yuman doused Star Water, 93-82, also for a semis spot. Then, Islander Rent A Car sped past Triskelion, 80-66, for the last semis spot.

The semis are set for this Friday, Aug. 23. The first is game at 6pm is between Savemore and GMP x Yuman, and Game 2 at 7:30pm is Islander Rent A Car vs. Jacob's Bakeshop.

The finals are set for Sunday, Aug. 25.

Savemore 89 – Foronda 27, Lauron 20, Jandoc 13, Malinay 9, Macaraig 6, Natividad 6, Binuya 4, Lucero 4.

Team Underground 83 – Duenas 30, Meriales 22, Marasigan 8, Lumen 7, Lascuna 5, Lontoc 3, Gabriel 2, Taraya 2, Pablito 2, Nicodemus 2.

Scoring by halves: 49-39, 89-83.

LEIGH GASES

Team Underground's Jobert Meriales goes for a layup during their playoff game against Savemore in the Destroyers Basketball Club Invitational Basketball League 2024 at the Gillette Multi-Purpose Gymnasium last Sunday.

TRIBUNE SPORTS SCORES

MLB STANDINGS

AMERICAN LEAGUE

East Division	W	L	Pct	GB
New York	73	52	.584	–
Baltimore	73	53	.579	½
Boston	65	59	.524	7½
Tampa Bay	62	62	.500	10½
Toronto	58	67	.464	15
Central Division				
Cleveland	72	52	.581	–
Kansas City	70	55	.560	2½
Minnesota	70	55	.560	2½
Detroit	61	64	.488	11½
Chicago	30	96	.238	43
West Division				
Houston	68	56	.548	–
Seattle	64	62	.508	5
Texas	58	68	.460	11
Oakland	54	71	.432	14½
Los Angeles	53	72	.424	15½

NATIONAL LEAGUE

East Division	W	L	Pct	GB
Philadelphia	73	51	.589	–
Atlanta	66	58	.532	7
New York	65	60	.520	8½
Washington	56	69	.448	17½
Miami	46	79	.368	27½
Central Division				
Milwaukee	72	52	.581	–
St. Louis	61	63	.492	11
Chicago	61	64	.488	11½
Cincinnati	61	64	.488	11½
Pittsburgh	58	66	.468	14
West Division				
Los Angeles	74	52	.587	–
San Diego	71	55	.563	3
Arizona	70	56	.556	4
San Francisco	64	63	.504	10½
Colorado	46	79	.368	27½

BY THE ASSOCIATED PRESS

Del Castillo continues torrid start with grand slam, 6 RBIs as D'backs beat Marlins

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Saipan Tribune
Sports

FIBA already looking forward to LA 2028, basketball at Clippers' new facility

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Cardinals eliminate Braves in postseason start

By LEIGH GASES
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REPORTER

Defending champions Cardinals eliminated the Braves as the postseason of the 2024 Tan Holdings-Saipan Baseball League got underway last Monday at the Francisco "Tan Ko" Palacios Baseball Field.

The Cardinals held off the Braves, 8-3, as the former's firepower exploded in the eighth inning to advance to the semis against the top seed Falcons on Aug. 26.

The game was neck-and-neck at the end of the second inning as both teams put up three runs each. The Cardinals had the first lead as they scored three in order in the first from back-to-back-to-back runs by Jerald

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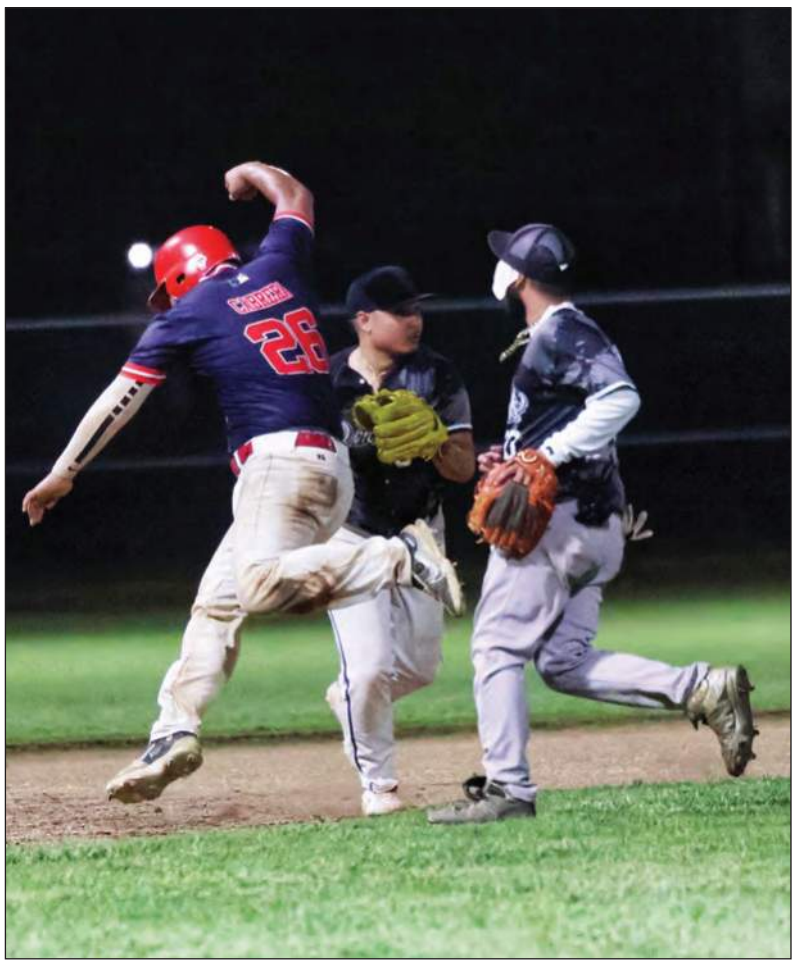

LEIGH GASES

File photo shows Cardinals leadoff batter Jerald Cabrera leaping to try and avoid the tag during one of their games in the 2024 Tan Holdings-Saipan Baseball League at the Francisco "Tan Ko" Palacios Baseball Field.

LEIGH GASES

File photo shows Braves' Joell Borja hi-five Heath Camacho at home plate after they scored a run each during one of their games in the 2024 Tan Holdings-Saipan Baseball League at the Francisco "Tan Ko" Palacios Baseball Field.

Savemore lays Team Underground to rest, 89-83

By LEIGH GASES
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REPORTER

Savemore laid Team Underground's semifinals hopes to rest after they beat them, 89-83, in the Destroyers Basketball Club Invitational Basketball League 2024 at the Gillette Multi-Purpose Gymnasium last Sunday.

Savemore actually had a very comfortable and sizable lead in the first half as they quickly got down to action. Fast-moving Alex Lauron and sharp shooter Daryll Foronda dominated the court and used their height to their advantage.

Lauron's coast-to-coast forays paid off as he left Team Underground's defense in his dust, while Foronda controlled the play under the basket and at the 3-point line. All the while, Team Underground's seemingly one-man army of Matt Duenas tried to dig out of the double-digit deficit they were in at less than 10 minutes into the game.

By 11:11 in the first half, Savemore had a commanding 30-16 lead, as Lauron already scored the majority of his points—16—by this time. Foronda provided 7, with a surge of more points later to come in the last half.

However, Team Underground regrouped and in the second half, closed the huge gap that Savemore once had. Duenas was assisted by Jobert Meriales and Keyshene Marasigan as they hacked away at Savemore's shrinking double-digit lead.

Foronda then upped the ante and went on a tear in the second half as Lauron took a step back and Getsen Jandoc stepped up. In the end, Savemore managed to put a stop to the rallying clutches of Team Underground as Foronda scored 27, Lauron contributed 20, and Jandoc shared 13 markers.

Duenas had a game-high 30 points, while Meriales was the only other Team Underground player in double digits at 22.

In other results, Jacob's Bakeshop shot down Saipan Tigers, 78-75, to clinch a semis spot, while GMP x

See SAVEMORE on Page 15

LEIGH GASES

Savemore's Alex Lauron drives to the basket past two Team Underground defenders during the playoffs of the Destroyers Basketball Club Invitational Basketball League 2024 at the Gillette Multi-Purpose Gymnasium last Sunday.

Run Saipan Half Marathon, 5K Fun Run coming in fast with special offer

AK SAIPAN

Overall winner of the 2023 Run Saipan Holiday Half Marathon Joel Phair is seen running the last few meters of the course from Hyatt Regency Saipan to the softball field in Marpi and back last year.

With less than two weeks until the big event, Run Saipan is excited to announce a special partnership with the Commonwealth Healthcare Corp. Immunization Program for this year's 5K Run during the Run Saipan Half Marathon. As part of this collaboration, CHCC Immunization is generously sponsoring the registration fees for the first 50 participants who sign up for the 5K race.

To take advantage of this limited-time offer, participants must enter the promo code NIAM2024 on the registration page. This initiative is part of CHCC's ongoing efforts to promote health and wellness in our community, in line with National Immunization Awareness Month. Run Saipan asks that all participants use the tag in their social media posts.

"We are thrilled to partner with CHCC Immunization to encourage more community members to get active and participate in this year's Run Saipan event," said Ron Snyder, secretary/treasurer at Run Saipan. "This partnership aligns with our mission to promote a healthier Saipan, and we're excited to offer this opportunity to the first 50 registrants."

Event details

The 2024 Run Saipan Half Marathon and 5K race will take place on Aug, 31, 2024, starting and finishing at the former Hyatt Regency Saipan. Participants will enjoy a great race experience, complete with finisher medals, a post-race breakfast banquet, and live entertainment. The event will also

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